

Do I Need My Driving Skills Assessed?

Driving is a complex activity that requires a number of different skills, including:

- Adequate vision and hearing.
- Good hand-eye coordination.
- Adequate muscle strength and joint flexibility.
- Ability to make quick, appropriate decisions and to find one's way.
- Knowledge of the rules of the road and of road signs and signals.

Some of these skills are affected gradually while aging, sometimes without notice. These skills can also change due to a number of medical problems, including cataracts, glaucoma, seizures, dementia, and many others.

Functional ability is a much better predictor of driving ability than someone's age.

You need an annual physical check-up to monitor your health, and so do your driving skills.

Warning Signs of High Risk Driving

The driving behaviors listed below could cause safety problems. Many of the less serious issues may be overcome with changes in driving behavior or physical fitness, while the more serious behaviors may require your immediate action.

- Parking inappropriately
- Confusion at exits
- Hitting curbs, near misses or dents on car, mailbox, etc.
- Getting lost in familiar places
- Delayed responses to unexpected situations
- Driving too fast or too slow
- Forgetting how to start the car or where things are on the car (for example, headlights)
- Confusing the brake and gas
- Stopping in traffic for no reason

An evaluation at a Florida Senior Safety Resource Center (FSSRC) can help you evaluate your current risk and enhance your continued independence.

How Can A Driving Evaluation Benefit Me?

Deciding if it's time to stop driving is very difficult. Your independence and freedom must be balanced against the potential danger to yourself and to others on the road. A driving evaluation will assess the abilities related to driving that may become impaired by normal aging or by a variety of medical conditions. In some cases, compensatory strategies can be used to help maintain safe driving.

The Florida Senior Safety Resource Centers (FSSRCs) provide thorough assessments of those abilities that are strongly related to driving safety in seniors. The mobility counselors at the FSSRCs help enhance the continued independence of seniors by expanding their awareness of various transportation options. With this information, you will be able to plan ahead of time to make the

best choice to get around in every stage of your life.

If you, or someone you know is having difficulty, a **Certified Driver Rehabilitation Specialist** (CDRS) can also provide a comprehensive evaluation to determine if you should continue driving, and can assist you in making the correct adaptive equipment and vehicle modification choices.

Where Can I Have My Driving Skills Assessed?

You can have your driving skills assessed at FSSRCs or by CDRSs throughout Florida.

For the FSSRC near you:

- Miami:

Center on Aging, Univ. of Miami
(305) 355-8288 / (305) 355-9078

- Boca Raton:

Memory & Wellness Center
Florida Atlantic University
(561) 955-8832

- Orlando

Senior Resource Alliance
(407) 228-1819

- Tampa / St. Petersburg
AAA of Pasco-Pinellas, Inc.
(727) 570-9696 ext.234

To find the CDRS in your area contact:

- The Association for Driver Rehabilitation Specialists
(318) 257-5055 / (800) 290-2344

To find the rehabilitation hospitals/programs offering driver evaluations in your area:

- <http://www.hsmv.state.fl.us/ddl/evaluate.html>

- **To find tips to help you drive safer... longer**
<http://www.hsmv.state.fl.us/ddl/tips.html>

Prepared by
Adam L. Bank, Ph.D.
Shih-Hua Fu, M.S.

University of Miami's Florida Senior
Safety Resource Center
1695 NW 9th Avenue
Miami, Florida 33136
(305) 355-8288 / (305) 355-9078



Funding for this publication was made possible through a grant from:

The Florida Commission for the Transportation Disadvantaged

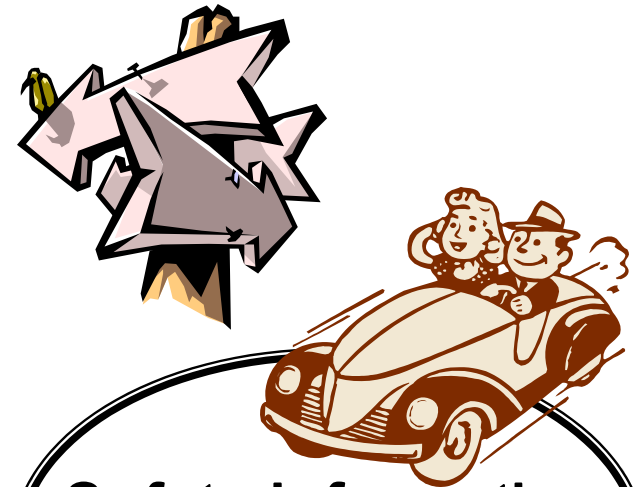
Center on Aging
UNIVERSITY OF MIAMI

DRIVING SKILLS

ASSESSMENT

Can
You
See
Me?

Can
You
See
Me?



**Safety Information
For Seniors**

1 OF 5