

Self-Assessment and Caregivers' Rating Tools

Several free tools are available for older patients, their family members, and caregivers to identify at-risk older drivers; the scores often correlate positively with on-road driving scores and clinical assessments. While a self-assessment cannot solely determine whether the person is a safe driver, it may prompt the person to be more open to a conversation with healthcare providers and others concerned about the aging adult's driving.

These two options are quick and easy to take and may provide a basis for determining if a deeper self-assessment might be helpful.

- **“Test Your Driving IQ.”** Asks drivers to answer ten questions about today's driving environment and how they react to driving on today's roads at www.aarp.org/families/driver_safety.
- **AAA Foundation for Traffic Safety.** Quiz that asks a person to respond to 15 statements about driving situations and gives suggestions based on the person's answers at <http://seniordrivers.org/quiz/driver55.cfm>.

The following self-assessments are more comprehensive and can be helpful in confirming whether an individual can benefit from consulting a medical professional or driving rehabilitation specialist to help ensure their safety on the road.

- **Driving Decisions Workbook.** Assessment tool in which scores correlate with on-road driving scores and includes tests of functional ability. Free at: https://www.michigan.gov/documents/agingdrivers/MDOT_DrivingDecisionWorkbook_507540_7.pdf
- **SAFER Driving Survey:** Web-based tool that focuses on the health concerns of older drivers that may be due to medication conditions and medications and calculates the effects of these concerns on critical driving skills. The goal is to improve safety for the older driver. Correlates positively with on-road driving scores and clinical assessment. Free at: <http://www.um-saferdriving.org/firstPage.php>

- **“Roadside Review.”** Takes users through a series of brief tasks that examine a person’s vision, reaction time, and other measures related to driving safety at: <https://seniordriving.aaa.com/evaluate-your-driving-ability/self-rating-tool/>