

# 15 Warning Signs Driving Is Difficult Self Assessment



# 15 Warning Signs Driving Is Difficult

Assessing your driving skills and being aware of early warning signs are the best way to make sure you're not putting yourself, your loved ones, or other road users at risk.

Here are some of the warning signs to give you an idea about your general fitness to drive and the sorts of things you should discuss with your doctor.



# Safe Driver: 15 Warning Signs Driving Is Difficult

Changes in our cognitive fitness can impact our daily life. Driving is a complex and dynamic task which requires adequate brain based skills in order to be performed safely and reliably.

## Many of us take driving for granted, right?

Driving allows us freedom, choice and the ability to do what you want in your day to day life. No doubt at some point we're likely to step away from driving.

Conditions like dementia, stroke, heart disease and Parkinson's Disease for example can impact our cognitive health.

These skills can include memory, perception, judgment and attention and the decision to stop driving needs to be planned for and made much earlier than perhaps many people would like

You might say I can drive without thinking about it and it may feel like it's an automatic skill. However, it is a complicated task that requires complex mental processes, physical skills and fast reaction times.

Health conditions which impact the performance of your brain can cause loss of memory, limited concentration, coordination and vision and insight problems. This affects a person's judgement and ability to drive safely.

## To Help Check Where You Are At Here's A Quick Self Assessment Guide.

This can be done with a friend or family member. Whilst this is NOT a clinical assessment it may help you start considering what are the best steps for your situation.

## Self Assessment : 15 Warning Signs Driving Is Difficult

Do you:

- Suffer from any serious health conditions such as arthritis, epilepsy, a heart condition, high blood pressure or anxiety, dementia or stroke?
- Take medication that may impact on your ability to drive safely?
- Have near misses when driving?
- Have difficulty maintaining concentration while driving?
- Feel exhausted after driving for an hour or less?
- Have difficulty with glare from oncoming headlights, streetlights or other bright or shiny objects, especially at dawn, dusk and at night?
- Find it hard to turn your head, neck, shoulders or body while driving or parking?
- Have your passengers warn you about things on the road you may not have seen, or seen too late?
- Regularly need your passengers to give you directions, such as when it is clear to pass?
- Have difficulty reacting quickly to other driver's actions?
- Ignore or misinterpret traffic signs and signals?
- Fail to judge distances between cars correctly?
- Drive at inappropriate speeds, either too fast or too slow?
- Feel overwhelmed in heavy traffic?
- Become easily flustered or angry?

**If you answered yes to any of the questions you should consider modifying your driving behaviour. You should also discuss your concerns with your doctor or occupational therapist. You may benefit from an in room driving consultation.**

## Here's How Can Occupational Therapy Brisbane Assist You .....

### In Clinic Driver Screening Services- Herston

At Occupational Therapy Brisbane we offer an in-clinic driver screening service.

1. This in room consultation is offered to predict driving ability for older adults or for people living with mild cognitive impairment (MCI). It combines a battery of cognitive assessments and a driving simulation assessment. *The result of this assessment maybe the following recommendations to you and your GP:*
  - a. Recommended Pass
  - b. Recommended Fail
  - c. Indicate further assessment such as an on road driving assessment with a certified driving occupational therapist.

Prior to an assessment we require the following information:

1. Current drivers license details,
2. A medical summary and preferentially an optometrist report on your vision
3. Declaration of driving history and any recent driving offences within the last 24 months.

**The cost of the in room driver screening consultation is \$380.00 inclusive of report.**

**Should you have any questions or you wish to make an appointment please do not hesitate to call us directly on 1300 783 200.**

#### **Note:**

Currently drivers aged 75 years and older are required to carry a valid medical certificate every time they drive. This certificate is issued by a doctor who assesses and determines that you are medically fit to drive. In determining this they may refer to an occupational therapist for further advice on driving performance.

Material Source: Licensing Requirements for Drivers Aged 75 and Over Information Sheet. QLD  
Department of Transport and Main Roads: TRB Forms Area S5041 V01 Jul 2017.  
[https://www.support.transport.qld.gov.au/qt/formsdat.nsf/forms/S5041/\\$file/S5041.pdf](https://www.support.transport.qld.gov.au/qt/formsdat.nsf/forms/S5041/$file/S5041.pdf)

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