# Mini-Self Assessment of Driving Ability

## HEARING
- With the car windows rolled up, can you hear a siren or horn?  
  Circle Yes or No  
  Yes ☐ No ☐
- Do you hear the sound of your turn signals?  
  Circle Yes or No  
  Yes ☐ No ☐

## VISION
- Are objects clear and bright?  
  Circle Yes or No  
  Yes ☐ No ☐
- Do you see clearly at night?  
  Circle Yes or No  
  Yes ☐ No ☐
- Can you go outside in the bright sunlight and see clearly right away?  
  Circle Yes or No  
  Yes ☐ No ☐
- Can you see clearly over the steering wheel?  
  Circle Yes or No  
  Yes ☐ No ☐

## HEAD AND NECK
- Can you turn your head an equal distance from one side to the other?  
  Circle Yes or No  
  Yes ☐ No ☐
- Can you turn your head and neck far enough to see over your shoulder?  
  Circle Yes or No  
  Yes ☐ No ☐

## ARMS AND HANDS
- Can you drive as far as you desire without your hands and arms becoming tired?  
  Circle Yes or No  
  Yes ☐ No ☐
- Can you drive for 30 minutes without your fingers or arms becoming tingly or numb?  
  Circle Yes or No  
  Yes ☐ No ☐
- Can you keep a firm but comfortable grip on the steering wheel with both hands while keeping your elbows bent and relaxed?  
  Circle Yes or No  
  Yes ☐ No ☐
- Can you lift your arm high enough to adjust the rear view mirror?  
  Circle Yes or No  
  Yes ☐ No ☐
- Can you cross one hand over the other when turning the wheel?  
  Circle Yes or No  
  Yes ☐ No ☐

## LEGS AND FEET
- Can you depress the brake pedal with your knee bent?  
  Circle Yes or No  
  Yes ☐ No ☐
- Can you sit for 15 minutes without your feet or legs becoming tingly or numb?  
  Circle Yes or No  
  Yes ☐ No ☐
- Do you always use your right foot to depress the brake pedal?  
  Circle Yes or No  
  Yes ☐ No ☐
- Can you bend your foot at least 10 degrees?  
  Circle Yes or No  
  Yes ☐ No ☐

If you answered “no” to any of the above questions, see your doctor. Your doctor may be able to help you drive safely longer by treating a health-related problem, or by prescribing therapy or simple exercises. Driving assessment programs are offered through Via Christi’s Our Lady of Lourdes Rehabilitation Center (316-634-3450) and Prairie View (800-362-0180).

The above assessment was developed by a registered physical therapist practicing at a national rehabilitation corporation for a demonstration project funded by Administration on Aging (1995). This assessment is featured on Administration on Aging’s website in 2004.

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