

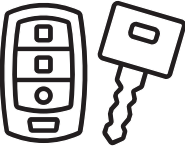





YOUR DRIVER MOT CHECKLIST

	Squinting to make out road signs or noticed other changes to your vision?	
	YES <input type="checkbox"/>	NO <input type="checkbox"/>
	Headlight glare affecting you more than it used to?	
	YES <input type="checkbox"/>	NO <input type="checkbox"/>
	Driving less often and taking shorter journeys?	
	YES <input type="checkbox"/>	NO <input type="checkbox"/>
	Feeling less confident behind the wheel lately?	
	YES <input type="checkbox"/>	NO <input type="checkbox"/>
	Less confident at junctions, right turns and merging into traffic?	
	YES <input type="checkbox"/>	NO <input type="checkbox"/>
	Is driving sapping your energy more these days?	
	YES <input type="checkbox"/>	NO <input type="checkbox"/>

DRIVER CERTIFICATE

Name _____

Mileage _____

Next steps:

- ☐ **Book in for an eye examination**
Remember you do not have to wait until you are due for your next eye examination if you notice changes in your vision
- ☐ **Reduce night time driving**
As we get older our eyesight changes, at age 65 it can take four times longer for your eyes to recover from glare
- ☐ **Plan before you go**
Plan your journey before heading out, especially when driving long distances on unfamiliar routes and allow time for breaks
- ☐ **Consider refreshing driving skills**
A mature driver assessment is a relaxed 30-60 minute session with an expert, driving your own car, on roads you are familiar with. At the end of the session you will be given guidance on how to continue driving safely for longer
- ☐ **Keep active**
Keeping active helps improve strength and flexibility behind the wheel
- ☐ **Keep an eye on speed**
As we get older our reaction times change, make sure you have time and space to react when driving and leave plenty of room between you and the car in front
- ☐ **Speak to friends and family about any driving concerns**
If you are feeling less confident behind the wheel, there are many steps you can take including speaking to friends and family about how you are feeling and get their support in helping you to reduce/stop driving
- ☐ **Consider the need for mobility modifications**
To find out more about potential mobility modifications visit roadsafety.scot

As we get older, things change. It is important to make sure that, whenever you get in the car, you are able to drive safely. There are many steps you can take, and changes you can make. To find out more visit **roadsafety.scot**