

Driving Safety Reality Checklist

This checklist is designed as a starting point for reflection and discussion. It is not a diagnostic tool and does not replace professional medical, legal, or driving assessments.

If there is an immediate risk to safety, contact the appropriate emergency services. Any decisions about driving licences are made solely by the Driver and Vehicle Licensing Agency (DVLA) based on medical evidence and legal requirements.

Use this checklist to organise your thoughts — but always rely on professional advice for final decisions.

- If you find yourself ticking **two or more boxes**, it is usually a sign that something needs further review — even if that simply means booking a GP appointment or eye test first.

Safety & Awareness

- Getting lost on familiar routes
- Missing junctions or traffic lights
- Confusing the brake and accelerator
- Near misses or minor accidents
- Scrapes or dents on the car with no clear explanation

Physical Ability

- Poor eyesight, even when wearing glasses
- Difficulty turning the head or neck to check blind spots
- Weakness in arms or legs affecting control of the vehicle

Behaviour Changes

- Increasingly nervous or hesitant driving
- Other drivers frequently sounding their horn
- Family members reluctant — or afraid — to ride with them

Health & Cognition

- Memory problems affecting day-to-day life
- Difficulty concentrating while driving
- Noticeably slower reaction times
- Recent stroke, blackout or seizure

Important: If someone has had a stroke, seizure, certain visual conditions, or other relevant medical events, they are legally required to inform the Driver and Vehicle Licensing Agency (DVLA).

Official guidance is available at: www.gov.uk/driving-medical-conditions

What Your Ticks Might Mean

If you are ticking **two or more boxes**, it is usually time to take the next step.

That does not automatically mean "stop driving today." It may mean:



Arranging a GP Review

A GP can assess whether any health conditions are affecting driving ability and advise on next steps.



Booking an Urgent Eye Test

Poor eyesight is one of the most common and correctable factors affecting driving safety.



Having a Calm Family Conversation

Approaching the topic with care and compassion makes it easier for everyone involved.



Considering a Temporary Pause

A temporary pause while things are assessed can be the safest and most sensible course of action.

Near misses often come before serious accidents.

Taking early action is not unkind.

It is protective — for them, for you, and for everyone on the road.

Conversation Starters

Option A — shared concern: "I've noticed a few things lately that made me worried about safety — not just yours but other people's too."

Option B — short-term pause: "What would you think about taking a break from driving until the doctor reviews things?"

Option C — blame the system: "The rules are getting stricter — the DVLA often reviews situations like this now."