Driving Safety Reality Checklist

"Is it time to look more closely?"

This checklist helps you identify and discuss driving concerns. It is for car drivers in Great Britain and does not replace medical advice or a professional driving assessment.

If there is an immediate danger, contact the emergency services.

DVLA makes medical licensing decisions, but drivers must follow medical advice and legal requirements about stopping driving. Do not wait for a DVLA decision if you have been told to stop.

Use this checklist to prepare for a conversation with your GP, optometrist or a driving assessor.

> Any tick is a reason to consider further advice. A single serious incident can require immediate action. This checklist is not a scoring system: do not wait for several concerns before acting.

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, TIA, blackout or seizure

Important: After a stroke, TIA or seizure, stop driving immediately and seek medical advice. Other conditions may also require you to stop. Rules about notifying DVLA and restarting driving depend on the condition and licence type.

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

What Your Ticks Might Mean

Any concern deserves attention. If driving appears unsafe, stop while advice is sought. Some medical conditions require an immediate stop, regardless of how many boxes are ticked. Depending on the concern, next steps may include:



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

An optometrist can check your vision and advise whether it meets driving standards. Do not drive if your eyesight fails those standards, even with glasses or contact lenses.



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.

Conversation Starters - for concerned family members

> **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 — check the guidance:** "Shall we check the driving guidance together and ask your doctor what it means for you?"