



How do I know if I should stop driving?

Keeping yourself and others safe on the road is your responsibility



Giving up your driving licence can be very difficult...

But remember that if you are involved in an accident that was caused or partly caused by your health and fitness to drive, you could face prosecution and your insurance might be cancelled. Even worse, you might injure, or even kill, yourself or another person.

Reaching the decision to give up driving is not easy because access to a car provides independence and mobility. But this must be balanced against the risk to yourself and other road users if you continue to drive when it is no longer safe.

How do you know when it's time?

As a general guide it may be time to give up if:

- You feel less confident, and worry more, about driving than you used to
- You get lost on roads that you know well
- Your reactions are noticeably slower than they used to be
- You find it difficult to judge speed and distance
- You have had a number of near misses lately
- Your passengers are concerned about your driving
- You have a medical condition that might affect your driving
- Your eyesight is getting worse.

You could also take a driving assessment, which can be organised by RoSPA or other organisations, to help you decide.

Retiring from driving does not mean that you will lose your freedom and mobility, as there are many alternatives to driving.

It may even make good financial sense to use your money for other ways of getting about, rather than owning and running a car, especially if you drive less than 2,000 miles a year.

For more information:

Visit: www.lifeontheroad.org.uk | **Call:** 0121 248 2130