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Preparing for a driving test



The next time you renew your license, you may be required to take written and behind-the-wheel driving tests rather than mail a form. If this is the case, don't panic or go into denial! Take some steps to get prepared. That way, you'll go into the test knowledgeable and confident. And remember, preparing for a driving test isn't just about passing—it's about ensuring your safety and the safety of others. It's worth the time to plan.

Check the DMV website to understand any age-related requirements that may apply to you. You might note potential assessments related to vision or cognition, and limits on night driving. Give yourself time to address any challenges that crop up.

Check on your vision. Schedule an eye exam. If new glasses are needed, allow yourself a period of adjustment. If cataracts are an issue, surgery can greatly improve vision, but appointments can take weeks or months to secure. Get on the doctor's schedule now!

Study online for the written exam. Traffic laws evolve and are specific to city and state. You already know a lot, but details on the test can trip up even the most competent drivers. Online study courses cover essentials such as current speed limits within different zones, parking distances, and right-of-way rules. They'll help you brush up on computerized test taking, too.

Take a refresher course. AARP and AAA offer mature driver courses to update your skills and ensure you know how to use the newer vehicle technologies. Completing one may even earn you an insurance discount! For a more personalized approach, hire a professional driving instructor for a private coaching lesson.

Adapt to physical and mobility challenges. Do you have physical limitations, such as poor range of motion in your neck? Consider consulting an occupational therapist to identify useful strategies. You might learn how to adjust your driving habits or adapt your vehicle. Simple modifications, such as pedal extenders or steering wheel grips, can enhance comfort and control. Talk with your doctor if reaction time or mobility is a concern.

Beyond getting your license renewed now, likely there will come a time when you are no longer driving. While you may have family and friends to help, look now at the public transportation, rideshare services, and community programs that might serve you in the future.

**Need help preparing for the changes of aging?
Give us a call at 206-456-5155.**



Aging Wisdom —
Your Experts in
Aging Well

206-456-5155

Aging Wisdom supports individuals and families in King and south Snohomish Counties as they plan for aging.



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