

6. Have you had a small collision in a car park, or with your mailbox, because you're having trouble judging distances?
7. Have you had a near miss or a crash in the past three years?
8. Has a family member or friend recently said they are worried about your driving?
9. Do you sometimes get lost on familiar routes?
10. Has your doctor suggested you limit your driving or think about stopping driving altogether?

Remember, answering 'yes' to any of these questions may indicate areas where you need to take action, particularly if you answered 'yes' to any of the last five questions.

## What should I do if I am concerned about my driving?

- Talk to your family and friends about it. Listen to people who know you best and those who will give you an honest answer.
- Talk to your doctor to find out if a medical condition may be affecting your driving. A medical assessment is the best way to determine if you are safe to continue driving.
- If you do not have a medical condition, consider brushing up on your road rules and driving skills, and remember to continue to self-assess.

## I am concerned about someone else's driving.

If you are concerned that a family member or friend may not be medically fit or competent to drive, here are some things that you can do to help.

- First, discuss your concerns with the driver directly. It might not be an easy conversation to have, but it may help the driver to realise that they need to take action. Here are some tips.
  - Be respectful and understanding.
  - Give specific examples of incidents you have noticed.
  - Suggest alternative transport options.
  - Suggest they see their doctor for an objective opinion.
- Let them know that with appropriate treatment or changes to their licence, they may be able to continue to drive.

If you become aware of a driver who may not be medically fit or competent to drive, you can confidentially notify us of your concerns. Your details will not be disclosed to the driver unless it is authorised or required by law.

### To notify, you can:

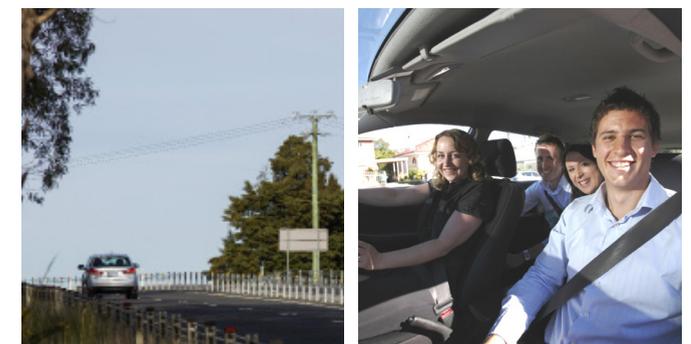
- Write to the Registrar of Motor Vehicles, GPO Box 1002, Hobart 7001.
- Complete a notification form, available at [www.transport.tas.gov.au](http://www.transport.tas.gov.au)
- Email [driver.licensing@stategrowth.tas.gov.au](mailto:driver.licensing@stategrowth.tas.gov.au)

Please include your details, the driver's details and the reasons for your concerns in your notification.

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## Driving a motor vehicle is an important part of most people's lives. But with the benefits of driving, comes a responsibility for safety.

It is your responsibility to make sure that you are well enough to drive safely. You need to protect yourself, your passengers and other road users.

Some medical conditions can affect your ability to drive safely, either in the short term or permanently. If not monitored, these conditions may cause a crash.

### Am I fit to drive a motor vehicle?

Driving a motor vehicle is a complex task requiring good perception, judgement, responsiveness and reasonable physical fitness.

Here are some common medical conditions that may affect your driving.

- Visual impairment
- Blackouts
- Heart disease or stroke
- Diabetes
- Musculoskeletal disorders (such as loss of a limb)
- Neurological disorders (such as multiple sclerosis, Parkinson's disease, dementia or epilepsy)
- Sleep apnoea
- Psychiatric disorders (such as anxiety or depression)
- Substance misuse

**Just because you have a medical condition that might affect your driving does not mean that you will lose your licence.** Less than two per cent of drivers with a medical condition are unable to drive as a result of their condition.

To continue to drive safely, or to remain comfortable on the road, some small changes you can make include:

- Wearing spectacles if required.
- Attending regular medical appointments.
- Only driving during daylight hours.
- Limiting your driving to familiar areas.

### What are my responsibilities?

You must meet a minimum level of physical and mental fitness to hold a driver's licence. If you develop a medical condition that may affect your driving, or your existing condition changes, by law you must tell the Registrar of Motor Vehicles. This is your responsibility, not your doctor's.

#### To notify, you can:

- Ring 1300 135 513.
- Write to the Registrar of Motor Vehicles, GPO Box 1002, Hobart 7001.
- Complete a notification form, available at [www.transport.tas.gov.au](http://www.transport.tas.gov.au)
- Email [driver.licensing@stategrowth.tas.gov.au](mailto:driver.licensing@stategrowth.tas.gov.au)

Your doctor can help you to decide if you should tell us about your medical condition.

### What will my doctor do about my driving?

Your doctor will consider your physical and mental health in regard to your driving ability. They will refer to the *Assessing Fitness to Drive Guidelines 2012* used by doctors throughout Australia. Sometimes it can be difficult to make an assessment and your doctor may refer you to a specialist or ask you to undertake a driving test.

Your doctor will complete a medical assessment form, which will be returned to the Registrar of Motor Vehicles for consideration.

### Assessing your driving skills

Sometimes it is hard to be honest with ourselves about our driving. But you are legally responsible for making sure that you are not putting anyone at risk, including yourself.

You should regularly ask yourself these 10 questions. If you answer 'yes' to any of them, you may need to take action.

1. Are you having trouble seeing signs, road markings, kerbs, medians, hazards, other vehicles or pedestrians, especially at night?
2. Do you sometimes feel confused, flustered or overwhelmed when driving, especially at intersections?
3. Are you comfortable looking back over your shoulder or does it take extra effort?
4. Does driving make you feel more tired than it used to, even on short trips?
5. Can you react quickly if you suddenly need to brake?