

Learning to drive a car can be both exciting and scary. It's important to know if you have the necessary skills required to be a good driver. Ask yourself the questions in each section to see if you may be ready to start learning how to drive.

GENERAL QUESTIONS

Am I a good rule follower?

Do I understand there are consequences for my actions?

Do I avoid unnecessary risks?

Do I resist peer pressure?

Do I take responsibility seriously?

Do I have a quick reaction time?

Am I well coordinated?

You should answer "Yes" to most or all of these questions. If you're not sure of the answer, ask someone who knows you well.



PHYSICAL HEALTH

Am I in good health and have good vision?

Before you are able to take the drivers permit test, you need to have a physical and eye exam completed.

If glasses or contact lenses are needed, they must always be worn while driving.

Drivers need to be able to move their head, neck, and eyes to constantly scan in front, beside, and in the back of the car for any possible hazards. They also need to be able to use their arms and hands to steer and operate the controls of the car and use their feet to speed up and brake.

If you're still unsure, driving simulators can test things like distractibility, focus, reaction time, and judgment. Simulators can also be used to practice in a safe way before getting in a real car. They are usually available through a local rehabilitation hospital, by appointment only. These services may not be covered by your health insurance.