Can you see the doorknob? It’s OK to move your upper body and even put an arm behind you, as you would reach around to avoid making a left turn across traffic.

Do you ever go out to see out the back window, this could be a problem. New cars have safety features to help detect what’s behind or next to you, but backup cameras can’t cover the entire back of your car and don’t keep the right proportions on distance. Using only mirrors also creates a problem with judging distances. If you can’t fully turn around to see out the back window, this could be a problem.

How many traffic tickets or police warnings have you received in the past two years? If not, move your arms toward the center of your body until you can see your fingers move. The standard requirement for drivers in many states is 140 degrees. Your hands should only move a few inches forward to pass that test. Are you within this limit?

If you have a safe driving record. SLOW DRIVING: As you age, sometimes your brain and body aren’t communicating as quickly as they used to. You may tend to slow down without realizing it. If you are driving well under the speed limit, that’s a concern.

Do you take medications that make you drowsy? If so, you have a strong 180-degree useful field of view.

If so, you have a strong 180-degree useful field of view.

How many accidents have you caused in the past five years?

Are you within this limit?

When was the last time you took a hard look at your (or your partner’s) driving skills? These pages show some ways to assess them. If your assessment lands on any of the caution boxes at right, you should be more aware of potentially diminishing skills. Two or more boxes should raise concerns.

Put your arms up at your sides and bend your elbows to form 90-degree angles to your right and left, your hands should align with your ears.

Do you regularly take any of the following types of medicines?

Do you ever find yourself drifting out of your lane or feel that cars sometimes appear out of nowhere? Any of these could be an early warning of some decline in your overall driving abilities.

Do you regularly take any of the following types of medicines?

Do you take medications that make you drowsy? You have a safe driving record.

Do you ever feel forget where you are going?

If so, you have a strong 180-degree useful field of view.

If not, move your arms toward the center of your body until you can see your fingers move. The standard requirement for drivers in many states is 140 degrees. Your hands should only move a few inches forward to pass that test. Are you within this limit?

Do you ever find yourself drifting out of your lane or feel that cars sometimes appear out of nowhere? Any of these could be an early warning of some decline in your overall driving abilities.

Do you regularly take any of the following types of medicines?