

ACT



ACT (*Assess, Consider, Talk*) to help determine how your future will look. Completing the following exercises could help prepare you for the kind of future you desire.

Assess

It can be difficult to judge your own driving ability as well as that of a parent or another senior. You might need the help of others to be objective. If you think that will be the case, enlist the assistance of a family member or friend.

Has there been a driving situation in the past six months that caused you concern?

Explain how you feel about being able to drive. How important is it to you? How would you feel if you had to modify or even give up driving?

Identify medical issues that might compromise your driving abilities such as cataracts or hearing loss. (A driver rehabilitation centre can provide an in-depth evaluation of a person's driving, according to the Ministry of Transportation. See the **Learn More** section for details.)
