

# HOW QUICKLY CAN YOU REACT?

5

## Concerning!

Book your mature driving assessment **NOW**

4

## Still a bit slow

You need to react quicker than this when driving

3

## Fair to middling

Keep a safe distance from the vehicle in front

2

## Good stuff

If you catch here - twice in succession - you are top-of-the-class for every-day drivers

1

## Stupendous!

Only rally, racing, and police class 1 drivers will catch the card here

Ask a friend to hold the card with the bottom edge 3in / 8cm - above your slightly open thumb and forefinger.

When the card is released, close your finger and thumb to catch the card as quickly as possible.





**Gloucestershire**  
**OLDER**  
**DRIVERS**  
**FORUM**

**We are here to help you with practical advice on:**

- ✓ How to keep driving safely, for longer
- ✓ When the time comes, to plan an independent life without a car
- ✓ Supporting families concerned about an older driver

**To maintain Driving Ability we recommend:**

- ✓ Regular eyesight and hearing tests
- ✓ An exercise regime to maintain mobility and keep reactions sharp
- ✓ GP checks that there are no medical conditions or medications that need to be reported to the DVLA or insurance company, or could affect the ability to drive
- ✓ Refresh your knowledge of the Highway Code
- ✓ Drive regularly to keep road senses sharp, sharing the driving if you are a couple
- ✓ An annual driver MOT with a mature driver assessment

**To join a free webinar, email**  
**[odfglos@gmail.com](mailto:odfglos@gmail.com)**



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