

***Driving Transition Counseling:
What DO I Say?***

Lifesavers Conference
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Who's
job
is it?



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The Real World...


- **"My mother has had two minor car crashes. What can I do to stop her from driving?"**
- **"I will not let my children ride with my father anymore because he drives a little erratically. I just hope he doesn't hurt anyone."**
- **"My mother went to the hairdresser & got lost on the way home. How can I find out if it is safe for her to continue to drive?"**
- **Dad just turned 80. How do I get him off the road?**

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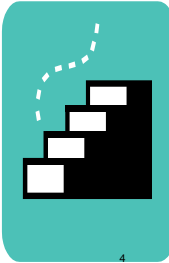
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Steps to Prepare




- I. Educate yourself
- II. Determine "what's going on?"
- III. Begin conversations
- IV. Be there to support transition & beyond



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National Trends



- More older people
- More older people will be driving
- More older women will be driving
- Driving more miles than ever before
- Driving at older ages than ever before
- Few alternatives to driving

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Consider This...



- Driving abilities often decline gradually
- Accommodating personal driving patterns can safely extend driving
- A car can be made to better fit an older driver
- Most drivers over age 70 will outlive their ability to drive by 7 →10 years
- Local resources & transportation options may be available
- Driving is a privilege, not a right

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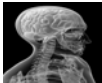
Key Messages



- Involve the older adult
- Focus on functional ability, not age or disease
- Age alone does not make a driver unsafe
- Focus on ways to ensure safety, not on giving up the keys
- Driving cessation is not necessarily the immediate goal
- Begin transitions early before a crisis

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Medical conditions may impair driving skill




- Medication use
- Effects of anesthesia & surgery
- Vision (cataract, macular degeneration, glaucoma)
- Cardiovascular (arrhythmias, CHF, Vavular HD)
- Cerebrovascular (stroke, TIA, etc)
- Neurologic (brain tumor, dementia, migraines, head injury, Parkinson's, sleep disorders, seizures, etc)
- Metabolic (diabetes, hyper/hypothyroidism)
- Respiratory (COPD, respiratory failure)

Source: NHTSA
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When Is It Not OK?



- Incorrect signaling
- Gas vs. brake confusion
- Trouble with turns
- Straying from lane
- Confusion @ exits
- Parking inappropriately
- Hitting curbs
- Speeding
- Delayed responses
- Not anticipating dangerous situation
- Near misses
- Stopping in traffic for no reason
- Multiple moving violations

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Having a Conversation



- Talk one on one
- Focus on safe driving strategies
- Avoid confrontation
- Attitude is important! Be positive
- Talk about functional capacity, not age
- Stick to facts

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Be There...



- Work together to find solutions
- Identify available alternatives
- Make a plan:
 - Identify travel destinations
 - Look at transportation budget
 - Monitor efficacy & satisfaction
 - Revise as necessary
- Be there for support in the long run

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New Curriculum



Coming Soon!

“Driving Transitions Curriculum”

Fax request to:
Essie Wagner 202-366-7721

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Focus Group Feedback

Florida & Missouri

- AAA
- AARP
- State D o T
- State Licensing authority
- Safety Council
- Alzheimer Association
- Area Agencies on Aging
- Senior Center
- Health Department



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Presenter Information



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