



Considerations for Driving with a Parkinson's Disease

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Outline

- ① Essential Components for Driving
- ② Consideration of Risk
- ③ Safe Driving
- ④ Process of Assessment
- ⑤ Technology & Safety
- ⑥ Resources

The Driving Dilemma



Enables independence and community mobility



Important for maintaining quality of life



Supports a sense of identity and competence



Worry for burden to loved ones



Perceived stigma of losing license



Lack of confidence in taking transit

Essential Components of Driving



vision



cognition



motor functions



Hearing

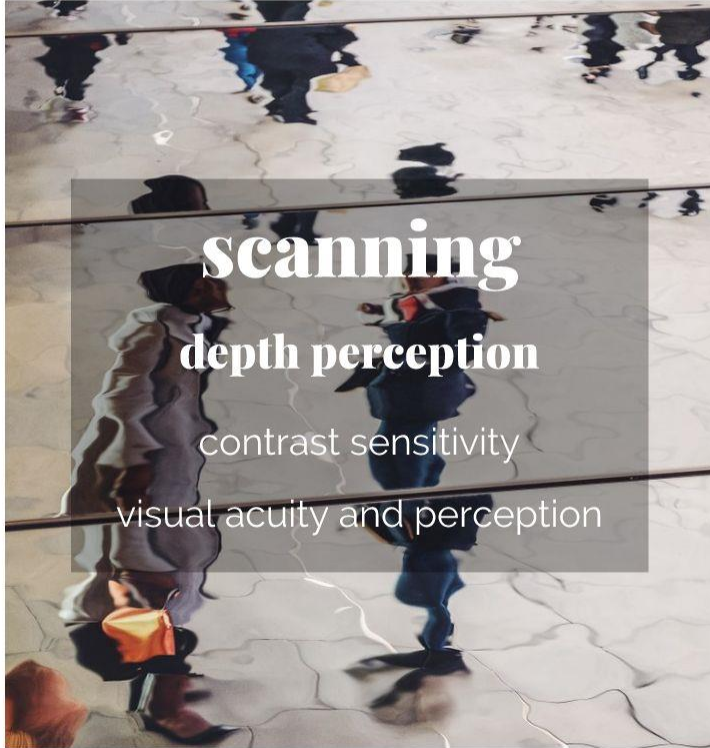


Sensation



Medications

Visual Perceptual Component



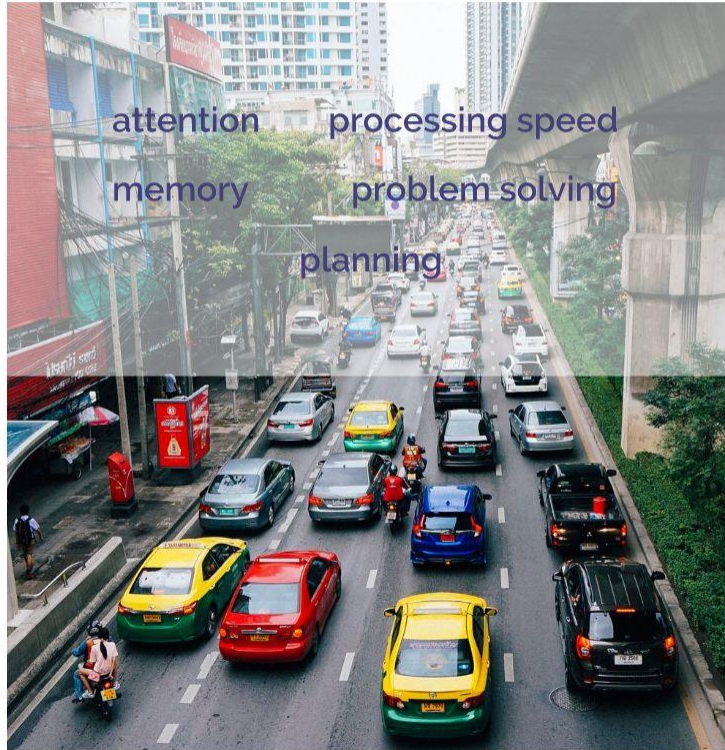
- observe lines on the road or identify hazards in poor weather or at night
- check across traffic in full left and right visual fields
- judge distance to stop and start
- identify hazards and traffic signs

Physical Component



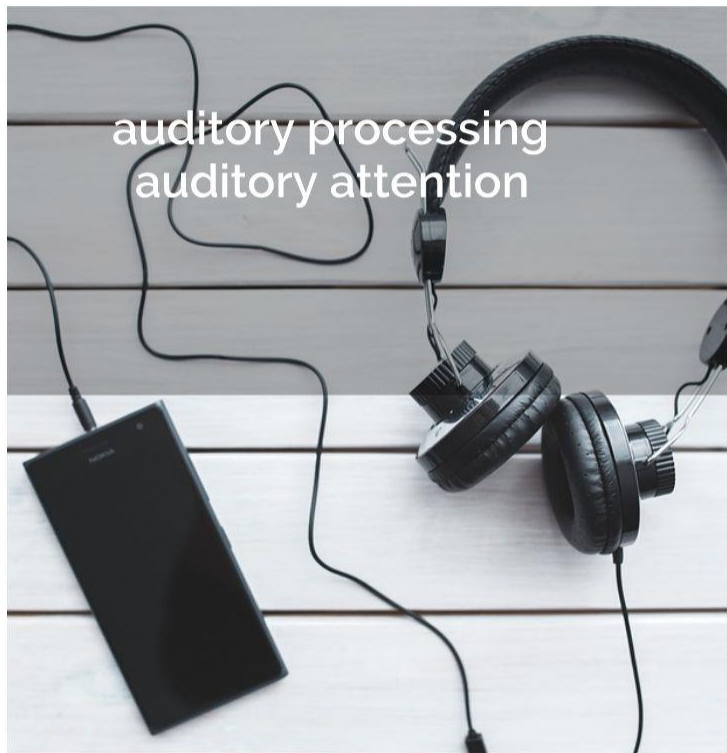
- operating vehicle controls using legs and arms
- completing hand-over-hand steering
- trunk stability for using controls and staying positioned when driving around corners
- quick response in an emergency situation
- transferring in/out of the vehicle and loading a mobility device
- rotation for shoulder checks and peripheral scanning

Cognitive Component



- making decisions at the speed of traffic
- deciding who has the right of way
- defensive driving to avoid hazards
- attending to and shifting between stimuli
- planning and following route
- obeying traffic rules and integrating new information

Auditory Component



- responding to sirens and emergencies
- localizing sounds with respect to your position
- understanding the meaning of sounds
- feedback to cognitive e.g.) indicator, direction assist

Sensory Component



proprioception

tactile
awareness

- determining pressure for gas and brake
- feedback for positioning of hands and feet without looking
- reaching for gear changes and dashboard controls

Medication Considerations



- Symptom fluctuation with dosing
- Visual hallucinations
- Tone management
- Sleepiness, sleep attacks

Consider your risk

- I only feel comfortable driving during the day
- I have trouble remembering where I put the keys
- I frequently forget where I'm going or how to get there
- I often feel too tired to drive but do so anyways
- I sometimes get confused between the gas and the brake
- I'm not comfortable driving others
- I have trouble concentrating when the radio or GPS is on
- I do not want to discuss driving with my doctor because they will make me stop
- I have had multiple traffic violations or accidents
- My arms and legs do not always listen to what my brain tells them to do behind the wheel

How can I remain a safe driver

Discuss your Driving

Discuss driving with your doctor or other health care professional as well as your family and friends

Reflect on your Driving

Assess your body, including physical and cognitive changes relating to your condition. You will be asked on renewal about changes in health status.

Ask for an Assessment

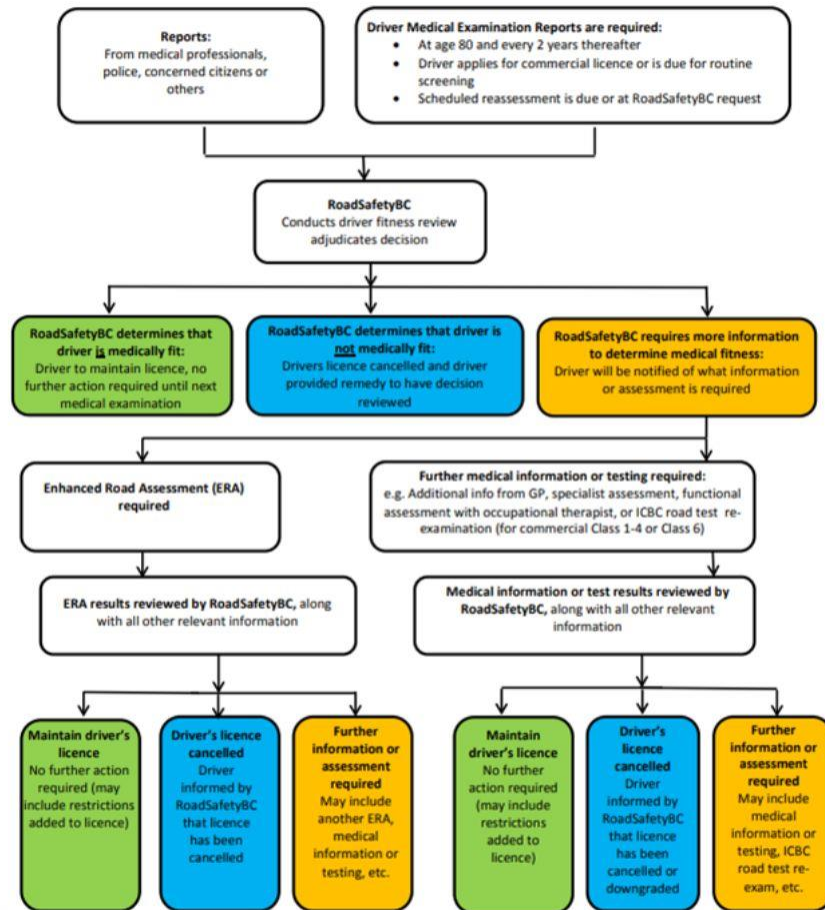
Better safe than sorry, ask for an assessment if you consider yourself at risk

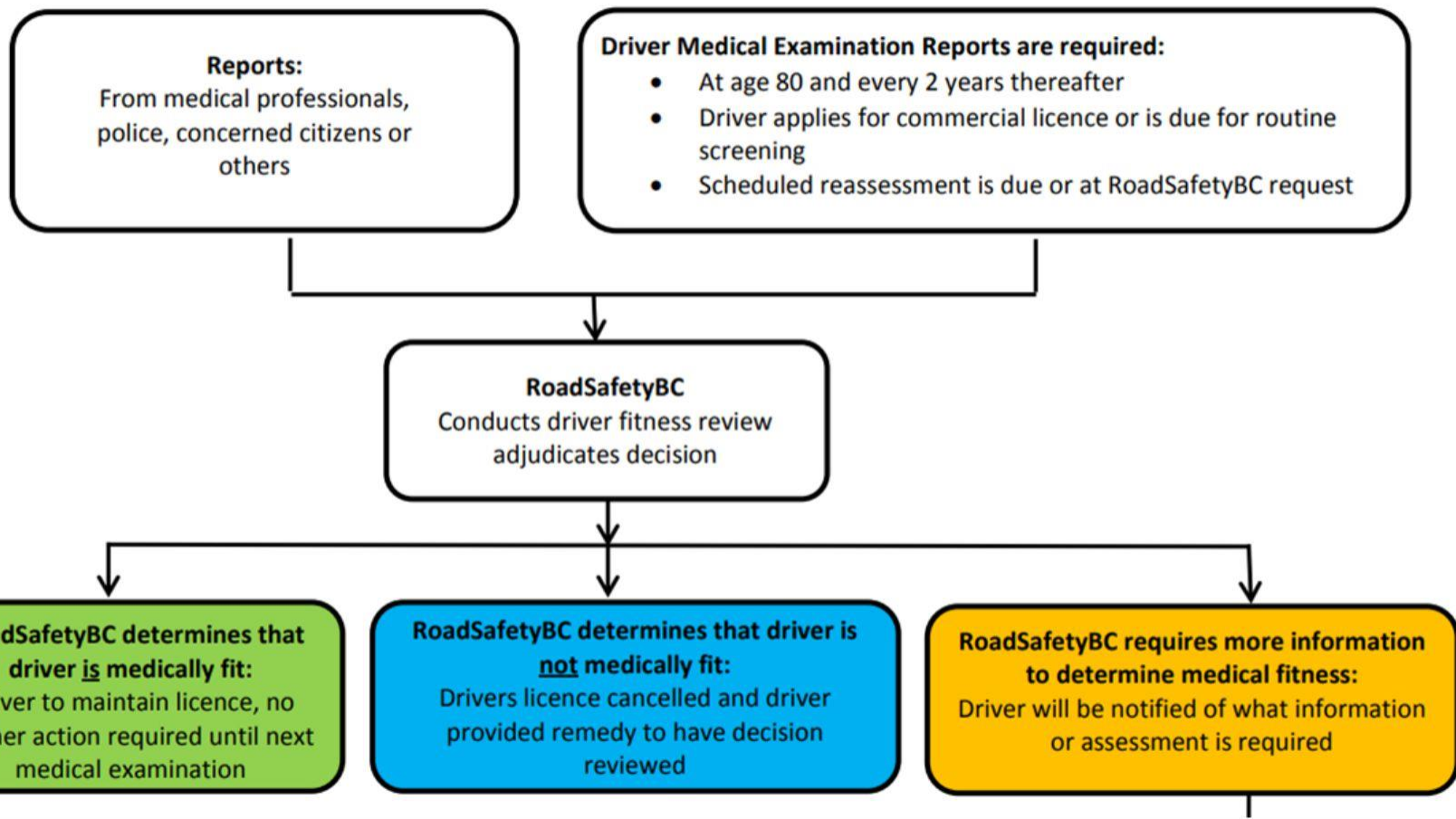
Be Open to Options

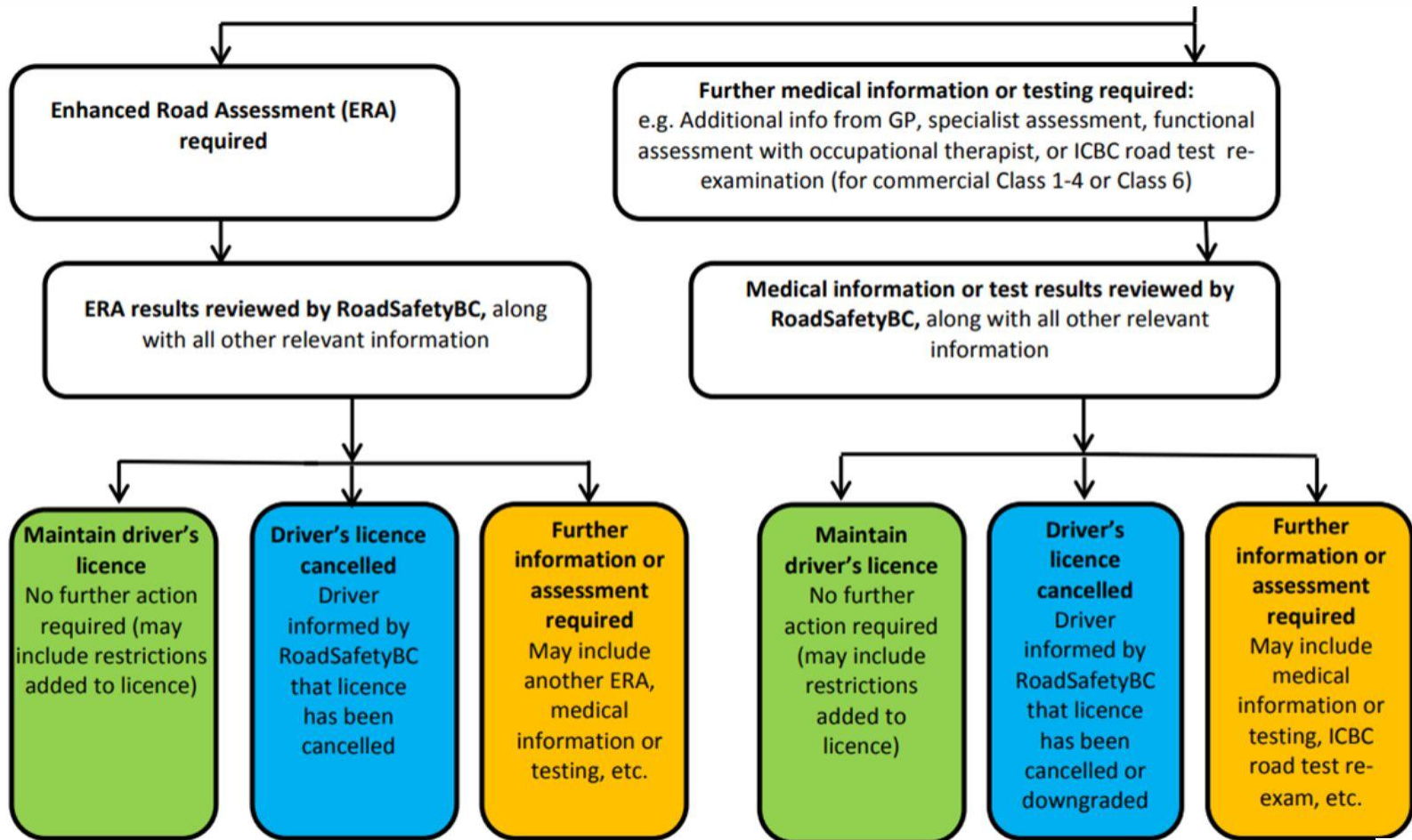
Stay flexible with options for driving and work with your family/support to make sure you are able to manage accessing the community

General Safe Driving Tips

- After walking to the car, rest for a few minutes before driving to manage physical and cognitive fatigue
- Do a "check in" before driving, asking yourself how you feel
- Reduce distractions (turn off the radio, avoid conversation with passengers, turn off bluetooth calls)
- Plan your route and look it over if going somewhere new
- Pull over for a break if driving longer distances
- Ensure you are sitting comfortably and have good visual access.
- Bring a family member or friend along for support and feedback
- Plan out your day to avoid driving during rush hour, drive during non peak hours if possible
- Be aware of your medication routine and how it may impact your ability to drive (drowsiness, motor control)
- Check the weather and make sure the conditions are not a factor in your safety







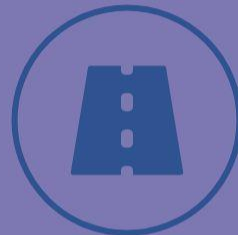
What is an Enhanced Road Assessment (ERA)



Sanctioned by Roadsafety BC



Conducted in your own vehicle



90 minute on road evaluation



Involves route reversal and
driving skills



Not a secret:)

What are the possible outcomes of an ERA?

1

Continue driving with no changes

2

Further medical information required

3

Discontinue driving

4

Further assessment with FDE

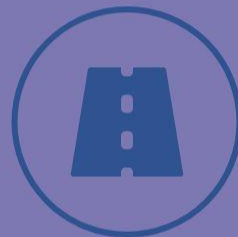
What is a Functional Driving Evaluation (FDE)?



Administered by occupational therapist or certified driver rehab specialist



1.5-3 hours of in-office assessment of physical, visual and cognitive abilities



1 hour on-road assessment with focus on functional, safe and practical driving

What are the possible outcomes of an FDE?

1

Continue driving with no changes

2

Rehabilitation required to drive with modifications to vehicle or habits

3

Discontinue driving

Adaptive Automobile Equipment

1

Mechanical hand controls/lateral foot block for foot pedals

2

Adaptive steering to involve less force/effort and more sensitivity

3

Spinner knob/modified texture grip for wheel

4

Wide angle rear view mirror & multiple angle mirrors

5

Specialized seats to ease transfers

6

Indicator/dashbaord/seatbelt extenders

Technology & Safety



Caregiver Role



- Hearing sensitive information from the right person can make a big difference
- Observe driving over time to understand changes in driving ability
- Look for a pattern of warning signs and for an increase in the frequency of occurrence
- Support in decision making; how much money could be available for alternative transportation if you were to stop driving
- Support in problem solving; explore ways partner can remain engaged in life's activities

How do I prepare to stop driving?

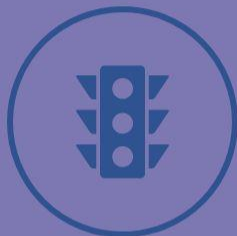


- Practice using transit
- Finds ways to reduce your need to drive (e.g. grocery delivery)
- Seek support from family/friends
- Register for HandyDart
- Uber, Lyft or other ride share programs
- Research alternate modes of transportation
- Explore walking, biking, integrate activity

Resources



Alternative resources



ERA explained



CAA material



Checklist



Dexterity and driving



Driving and PD



PD video



Alternate transit



km/h

Thank You

Literature

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