

WDT Caregiver Network January 26, 2022



American
Occupational Therapy
Association

The IADL of Driving and Dementia

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Data driven decisions

- Evaluation
- Occupational Therapy

Family conversations

- “ getting everyone on one page”
- Focus on informed planning vs. “taking away”
- Driving cessation, the planning starts at diagnosis...
 - “not a matter of if, but when”**

The role of non-driver or Passenger

- What happens now?
- Passenger safety

Legal/financial implications

- Support and supervision may come with an added cost
- Responsibility to choose appropriate transportation options (vulnerability, provider and rider)

What questions might you ask the next speakers in this series?

Driving, Dementia & Mobility – A Process

“Driving requires the ability to react quickly to a variety of circumstances. Because of this, a person living with Alzheimer’s will, at some point, be unable to drive. Planning ahead can help ease the transition.”

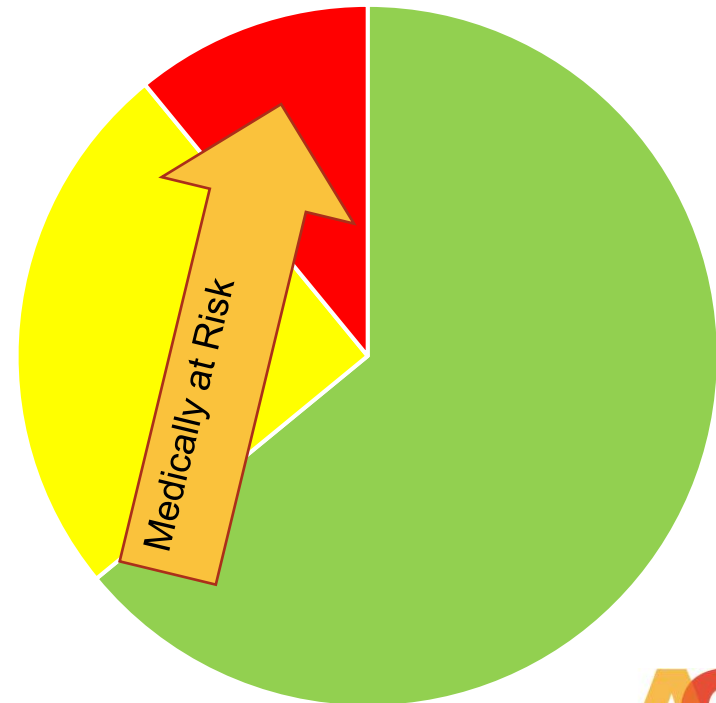
<https://www.alz.org/help-support/caregiving/safety/dementia-driving>

Given the realities of **crash risk**, there is a significant safety benefit to identifying and addressing driving risk **before** crash involvement.

The loss of driving is associated with depression, diminished health and isolation.

Mobility and transportation, as driver and passenger, is foundational to **“aging in community”**.

Driving Risk Assessment
Community Independence
Fitness to Drive



Changing the paradigm, with the emphasis in the right place...

- The disease, DEMENTIA, takes away
- The interventions save lives (with driving, its impact is beyond the individual and impacts the community)
 - *Consider chemotherapy - the physician is not labeled as bad for diagnosing, nor the nurse for administering the drugs ... the cancer is bad and requires intervention ... the recommended course of action is undesired but necessary as an intervention that saves lives. ESD*
- Is stopping driving an undesired but necessary intervention?
 - Imposed by a loved one (or a treatment team) committed to saving lives?

But
When?

build awareness & Prevent Driving Disability



A decision based on data

How to determine when to stop ... when is “before the crash”??

Medical

- Dementia is a medical condition, not “normal aging”
- Driving related decisions begin with:
 - a diagnosis
 - a clear understanding of the type of dementia, and
 - what may be expected consequences of this diagnosed medical condition
 - Understanding the impact of changes on **function**

Test Data and the “Driving Evaluation”



The Specialist Eval CDE

Evaluations may differ in components & scope

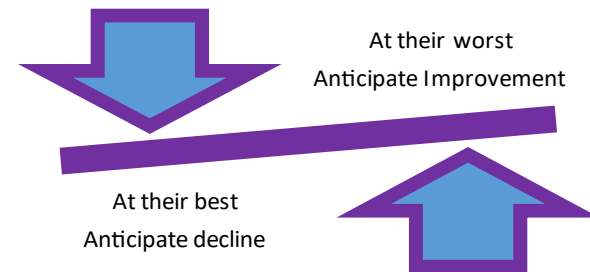
- A **Neuro-Cognitive** approach
 - For conditions such as dementia, stroke or Parkinson's Disease
 - Sensitive to the **degradation or loss of previous skills**
 - Temporary actions such as restrictions require memory and insight to apply
 - Interventions for physical impairments would require sufficient cognitive ability to learn and apply
- A **Complex-Medical** approach
 - Would consider the combination of cognitive and physical challenges such as dementia plus other diagnoses such as diabetes and amputation
 - Managing a car? Managing mobility devices?



When evaluating dementia and functional ability

Therapeutic Approach & Clinical Judgment:
Informed but not determined by any single test

Degenerative vs. Restorative



Occupational Therapy

Driving Risk Assessment

Translation of data to driving risk

A Therapeutic approach to cessation and transition



Occupational Therapy



OT-DRIVE Model published,
OT Practice, 2017

Tiered interpretation of eval data to determine risk

Vision screening safe operation of a vehicle

Cognition capacity for new learning, self-awareness, of changes necessary to learn adaptive strategies

Physical limitations potential candidacy requires capacity to learn and use effectively and consistently

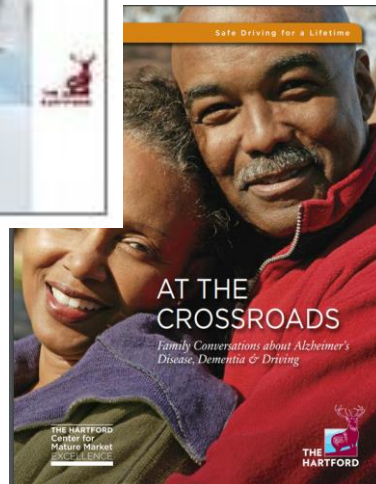
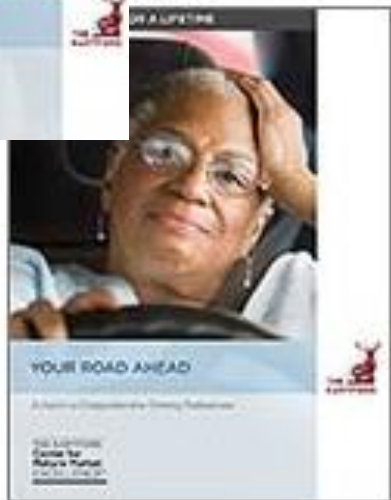
Overarching: careful consideration of the disease progression & diagnosis specific sequelae

Transition

Planning for transition from driver to non-driver



Planning for driving cessation?



- How to use resources
- Interactive worksheets may prompt family conversations and guide toward specific questions
- What questions might you ask of the future speakers in this series?

<https://www.thehartford.com/resources/mature-market-excellence/publications-on-aging>



We Need to Talk

26. Failure to stop at stop sign or red light

WARNING SIGNS FOR OLDER DRIVERS



The driving behaviors listed below could cause safety problems. They are ranked from minor to serious. Many of the less serious issues may be overcome with changes in driving behavior or physical fitness, while the more serious behaviors may require your immediate action. Since driving ability seldom changes drastically in a short time, you should be able to track changes over time to get a clear picture of overall driving ability.

Here's how to use this list.

- Observe driving over time, keeping notes to help you understand **changes** in driving ability.
- Look for a **pattern** of warning signs and for an increase in the frequency of occurrence.

DRIVING BEHAVIOR WARNING SIGNS – WHEN NOTICED, HOW OFTEN

1. Decrease in confidence while driving.	16. Uses a "copilot."
2. Difficulty turning to see when backing up.	17. Bad judgment on making left-hand turns.
3. Riding the brake.	18. Near misses.
4. Easily distracted while driving.	19. Delayed response to unexpected situations.
5. Other drivers often honk horns.	20. Moving into wrong lane.
6. Incorrect signaling.	21. Difficulty maintaining lane position.
7. Parking inappropriately.	22. Confusion at exits.
8. Hitting curbs.	23. Ticked and moving violations or warnings.
9. Scrapes or dents on the car, mailbox or garage.	24. Getting lost in familiar places.
10. Increased agitation or irritation when driving.	25. Car accident.
11. Failure to notice important activity on the side of the road.	26. Failure to stop at stop sign or red light.
12. Failure to notice traffic signs.	27. Confusing the gas and brake pedals.
13. Trouble navigating turns.	28. Stopping in traffic for no apparent reason.
14. Driving at inappropriate speeds.	29. Other signs:
15. Not anticipating potential dangerous situations.	

- What matters?
- Gather observations for a productive conversation
- If the goal is directed at person with dementia:
 - Relies on insight and a degree of memory to be productive
- If the goal is directed at convincing yourself / caregiver(s)
 - Warning signs of significance
 - Cluster or pattern, more than an isolated incidence
 - These behaviors "matter"



Compare the cost of maintaining the car

TRANSPORTATION COST WORKSHEET



Owning and operating a vehicle can be more expensive than you think! By writing down your actual expenses, you can get an idea of how much money could be available for alternative transportation if you were to stop driving.

To determine the annual expense to own and operate a car, list all the related expenses below. Don't forget to multiply by 12 for monthly expenses, or by 52 for weekly expenses. For less frequent expenses, such as tires, estimate the cost and divide by the number of years between expenses. Once you have the annual expense for owning and operating the vehicle, you can get a better idea of how much you are already spending on transportation.

VEHICLE COST PER YEAR	ANNUAL COST
Car/Lease Payment	
Regular Operating Expenses	
• Gas	
• Washer Fluid	
• Parking	
• Tolls	
• Other	
Regular Maintenance	
• Oil Changes	
• Minor Tune-ups	
• Wiper Blades	
• Lights	
• Car Wash/Wax	
• Other	
Long-Term Maintenance <i>(Estimate the cost and divide by the number of years between expenses)</i>	
• Tires	
• Brakes	
• Major Tune-ups	
• Repair/Replace Parts	
• Other	
Insurance – Annual Cost	
Motor Club/Roadside Assistance	
Registration/License Plate Fees	
License Fees	
Vehicle Inspection/Emissions Fees	
Total Cost Per Year	\$

- The cost of driving
- The cost of a second car
- Balancing the cost of a taxi or transportation service against the costs of maintaining a vehicle ... or a crash?

PLAN FOR THE

 ROAD AHEAD

Online calculator
Planfortheroadahead.com

Moving On, Getting Out:
 - Financial Benefits
 - Life in the Passenger Seat

When most people think of giving up driving, they focus only on the negatives. But here's the good news: Letting someone else do the driving can save you time, hassle and money. Especially money.

No car means no car payment, no auto insurance payment, no trips to the gas station, no maintenance costs, no parking fees or tickets.

Use our calculator below to estimate how much you'll save:

Savings Calculator

Daily distance:

Average number of miles per day (0 - 100 miles)

Vehicle mileage:

Total Summary

Daily distance: 0

Vehicle mileage: 8

Price of gas: \$ 1



A Series of Support Resources



The Support Group Kit on Alzheimer's Disease, Dementia & Driving

This kit includes the following contents:

TAB	CONTENTS
Introduction	At the Crossroads: Introduction for Support Group Leaders At the Crossroads: Family Conversations about Alzheimer's Disease, Dementia & Driving booklet
Session 1	Session 1 Guide: Assessing Driving Ability & Activity Handouts (in back pocket of guide) <ul style="list-style-type: none">• Course Overview• Driving and the Brain• Driving Warning Signs• Driving Activities
Session 2	Session 2 Guide: Building Family Cooperation & Communication Handouts (in back pocket of guide) <ul style="list-style-type: none">• Getting There• Not Going It Alone• Conversation Planner
Session 3	Session 3 Guide: Knowing Your Options Handouts (in back pocket of guide) <ul style="list-style-type: none">• Agreement with My Family about Driving
Appendices	A: Overview of Dementia B: Facts about Older Drivers C: Facts about Drivers with Dementia D: Findings from Family Conversations about Driving Study E: Comprehensive Driving Evaluations

Cessation

A necessary action that acknowledges diminishing capacity to safely operate a vehicle

What if a high-risk driver refuses to stop driving?

Cessation Strategies:

- Disable the car (dead battery, etc.)
- Remove the cue (move the key hook to break the routine)
- Disable the key so it no longer works (remove battery, file down)
- “Do Not Drive” note from trusted physician
- Turn in license for an ID Card

Prevention occurs when an individual who should not drive does not drive

Imposing cessation is an act of love and protection


A canceled license cannot, in itself, stop a driver

The disease itself attacks the capacity to remember losses to known abilities. ... the risk or near misses and the reasons behind the decision to stop

Planning ahead to understand wishes and desires

The Hartford

AGREEMENT WITH MY FAMILY ABOUT DRIVING



To My Family:

The time may come when I can no longer make the best decisions for the safety of others and myself. Therefore, to help my family make necessary decisions, this statement is an expression of my wishes and directions while I am still able to make these decisions.

I have discussed with my family my desire to drive as long as it is safe for me to do so.

When it is not reasonable for me to drive, I desire _____
(person's name) to tell me I can no longer drive.

I trust my family will take the necessary steps to prohibit my driving to ensure my safety and the safety of others while protecting my dignity.




Signed _____ Date _____

Copies of this request have been shared with:

www.AOTA.org

DRIVER PLANNING AGREEMENT

Helping families plan together for continued, safe mobility



I realize that the natural aging process may, at some point in the future, affect my ability to drive safely. By taking the time now to work closely with my family, I can develop a plan to ensure my safety and the safety of others while also maintaining my mobility and independence.

The most important thing my family can do is to help me **explore all of my options** to keep me driving or mobile. If concerned about my driving abilities, help me access the appropriate resources or services that can potentially mitigate these concerns so that I may safely drive. Examples include, but are not limited to:

- ◆ Help me find an occupational therapist who is trained to address the problems that put me at risk behind the wheel and equipped to develop an individualized plan to use moving forward;
- ◆ Ensure that I am able to visit my primary care physician or local pharmacist to review how medications I take may affect my driving;
- ◆ Assist me in accessing an eye doctor or vision care specialist who can address my needs;
- ◆ Help me determine how I can appropriately self-regulate when and where I drive so that I maintain maximum comfort and safety behind the wheel; and
- ◆ Encourage me to take a driver-improvement course to refresh my skills and learn new techniques for adapting to my changing needs as an aging driver.

Additionally, I want my family help me **explore other forms of transportation**, showing me all of my choices, and recognizing that these options may complement my driving or be used as a substitute to extend my mobility should driving become unsafe. Examples include, but are not limited to:

- ◆ Discuss the places I enjoy going and the destinations I need to reach to ensure I maintain a high quality of life;
- ◆ Identify local public and private transportation options available in my community (e.g., carpooling, public transportation, local organizations with a volunteer driver program, or other services) so that I am aware of my options;
- ◆ Introduce me to these transportation options before I must rely on them so that I become familiar with them when I do choose to use them; and
- ◆ Recognize that I may need support and practice to feel safe using these other transportation options. It may take a few rides or the companionship of a friend to accompany me until I am comfortable. If necessary, we will make certain I have the necessary support services to ensure I can get home safely.

I trust my family to prioritize my safety and mobility and to not ask me to stop driving until all options have been explored.

Should it become necessary to discuss if it is safe or reasonable for me to continue driving,

I designate _____ to address this issue with me.
(name of family member or trusted friend)

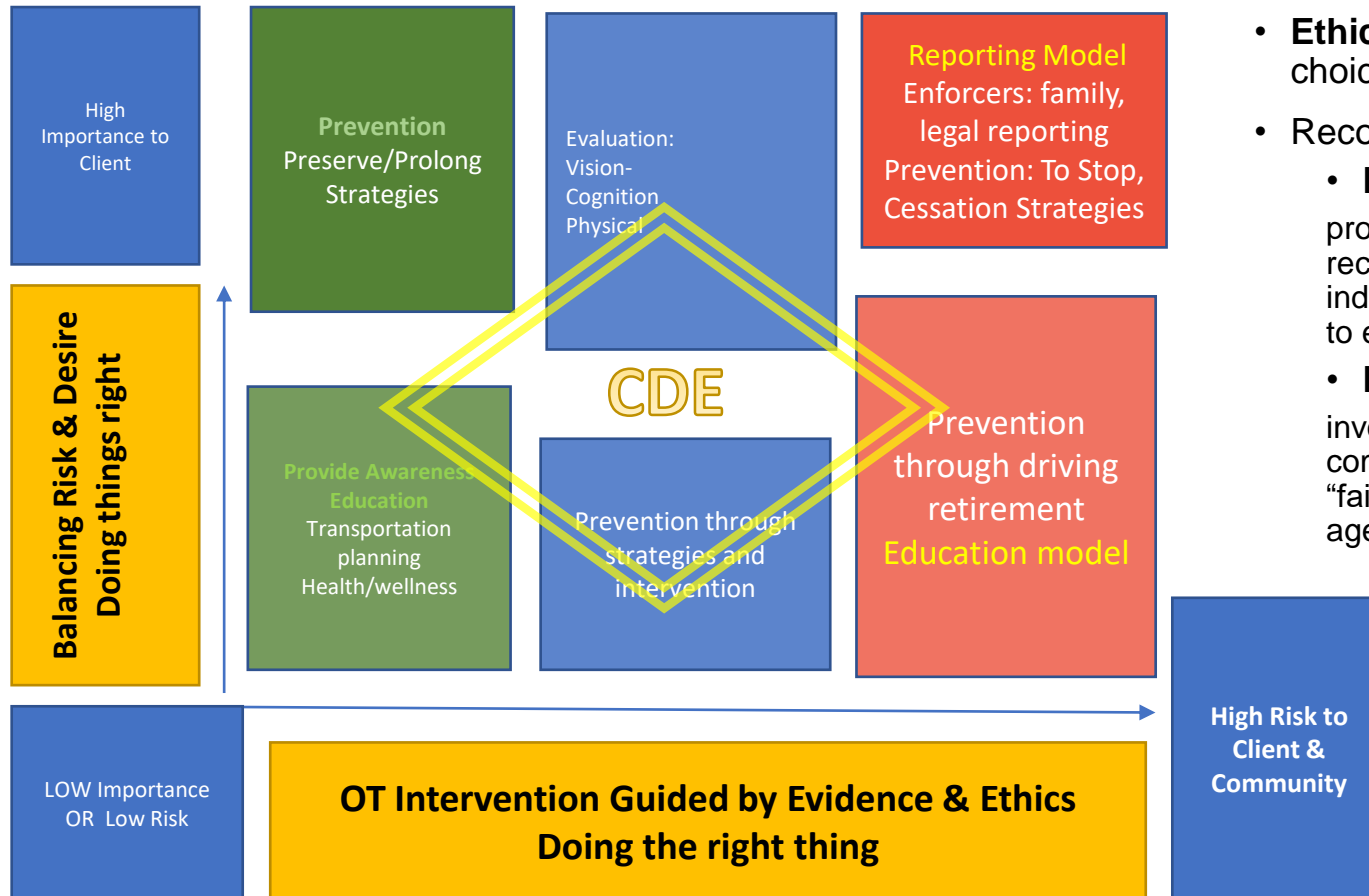
Signed: _____ Date: _____
(Your signature)

Signed: _____ Date: _____
(Family member)

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Complexity - Matching Services and Needs

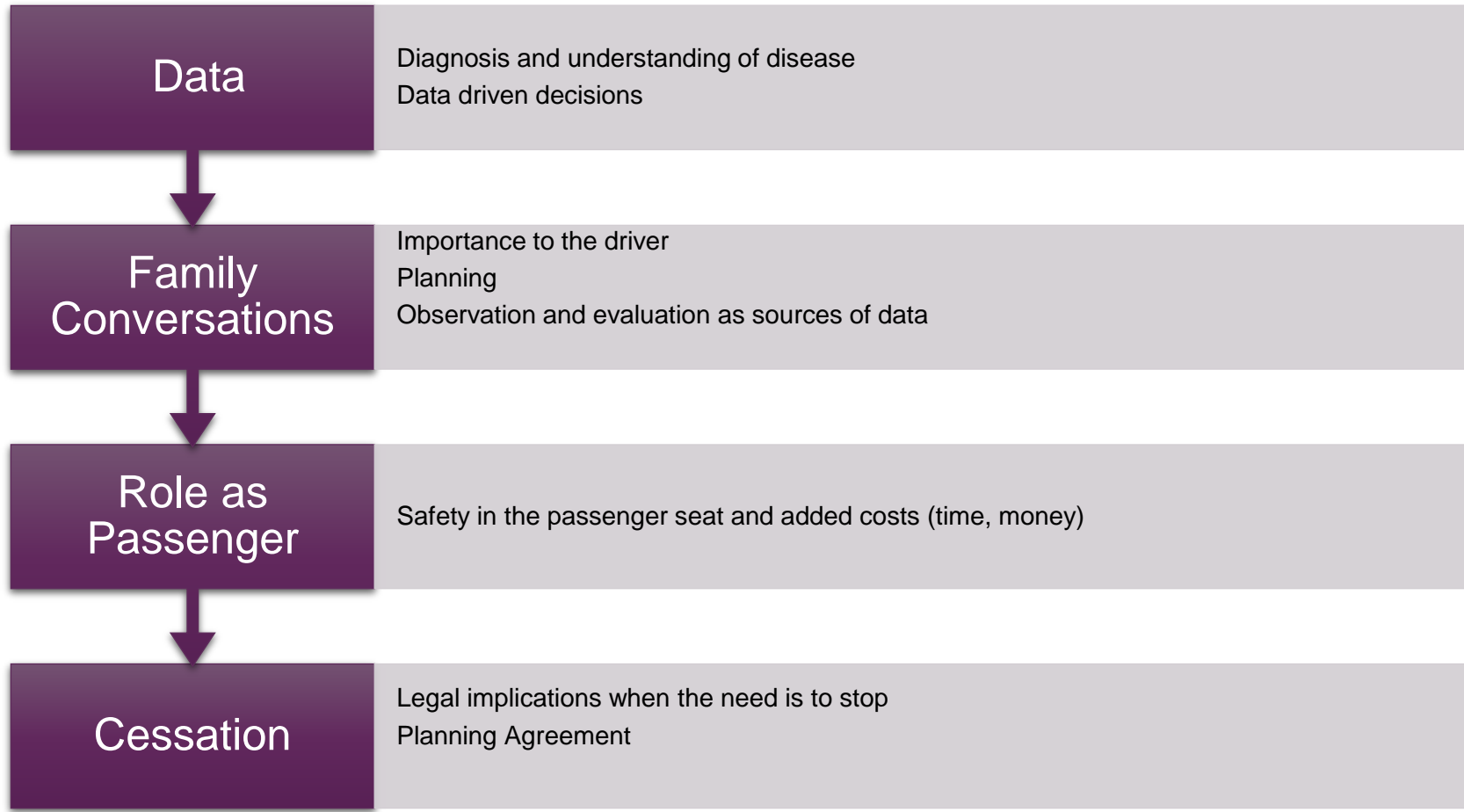


- **Ethical Duty:** balance patient choice with safety
- Recommend no driving:
 - **Education model** provide education and recommendation, individual/family responsibility to enforce
 - **Legal /Reporting model** involve enforcement component, demonstrated "fail", reporting to licensing agency

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Summary



Thank You!

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