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DEMENTIA AND DRIVING

Family Conversations



Heidi Maxwell, PsyD
February 9, 2022



Today's Agenda

1

Welcome and Introductions

2

Presentation: Dementia and Driving –
Family Conversations

3

Discussion: How could you use this
information in your family conversations?

4

Thank you

Welcome !

Wyoming Center on Aging
Facilitator: Sabine Schenck, M.S.
Technical Support: Jenny Wolf

The goal of today's session is to provide you with education on how to communicate effectively with your loved one, your care team and family members to discuss retiring from driving.



Sabine Schenck



Jenny Wolf

We are in this together

Today we will ...

Retiring from Driving

**Driving Assessments
Who, How, and What?**

Family Conversations



Today's Speaker



Heidi Maxwell, PsyD

Dr. Maxwell is a licensed clinical psychologist with specialized training in geropsychology. She is currently employed at the Cheyenne VAMC providing services for their long-term care Veterans. She is working toward becoming board-certified in geropsychology and has background training and experience in neuropsychology, rehabilitation psychology, forensic psychology, and substance use disorders.

Reminiscence



**Do you
remember
when you
got the
keys to
your first
car?**

Planning for retirement from driving

VS

Stop Driving

Comprehensive Assessments

EMOTIONS

ATTENTION

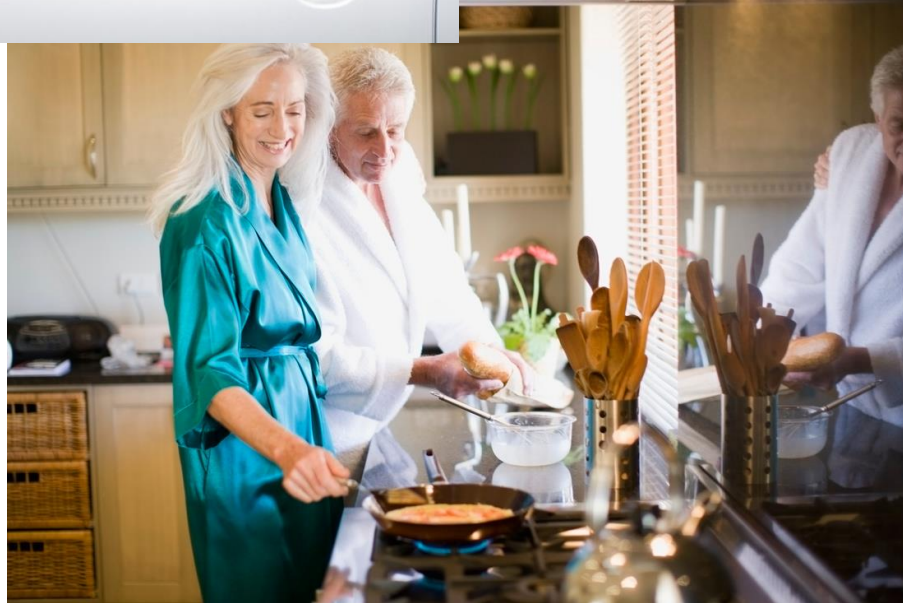
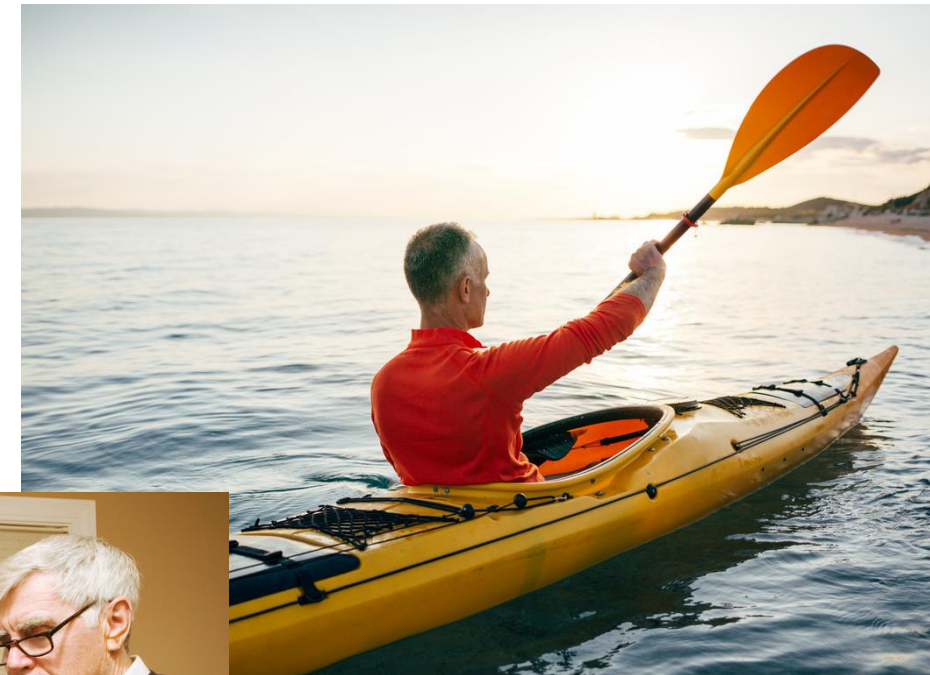
MEMORY

EXECUTIVE
FUNCTIONING

VISUAL-SPACIAL
CONSTRUCTION
AND PERCEPTION

PROCESSING
SPEED

What other activities might use these skills?



How do these skills apply to a person's ability to drive?

- **Diagnosis of Alzheimer's Disease or related dementia does not preclude anyone from driving**
- **The goal is to support independence**
 - **Skill assessment**
 - **Problem Solving**

FAMILY DISCUSSION

How to talk to your loved one?

- Observations to consider
 - Objective
 - Subjective

What are some things that would make you reconsider driving?



FAMILY DISCUSSION

How do we support someone whose driving abilities are declining?



Possible Support

EMOTIONS

ATTENTION

MEMORY

EXECUTIVE
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AND PERCEPTION

PROCESSING
SPEED

Retirement from Driving

Gradual Changes: Pro's and Con's

- no driving during bad weather
- not driving to new places
- drive within 5 miles of home
- passenger coach/support
- limit freeway driving

The Collaboration Platform

Making the process collaborative requires understanding and information from assessments and observations.

Benefits are:

- honest conversations
- decreased arguments
- less stress

The Collaboration Platform

I have noticed lately that we have had some near misses when you were driving. I want to support our safety and I would like to know what I can do to help?

I have noticed that you appear nervous when we are approaching the freeway entrance. What can I do to help in order for us to continue being safe?



LET ME HELP

VS

YOU CANNOT DRIVE ANYMORE

When is it non-negotiable?





Stay in the moment



Breathe



We are in this together

Educational Discussion Topics: January-March 2022

Topic Series: Driving and Dementia

Jan 26th	Driving and Dementia: An Overview
Feb 9th	Driving and Dementia: Family Conversations
Feb 23rd	My loved one is no longer driving - what now?
Mar 9th	Driving and Dementia: Legal, financial, and ethical considerations

Contact information
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Wyoming Dementia Together Caregiver Network

Post Session Evaluation Link

February 9, 2022

https://uwyo.sjc1.qualtrics.com/jfe/form/SV_0eXiZ77x94od92u



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