

Stop or Go

When to Discuss Retirement from Driving

6th Annual Promising Practices: Mental Health and Aging Conference – Dealing with Life's Difficult Discussions
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- ◆ Currently:
 - ◆ MVA's are the leading cause of injury related deaths among individuals who are 65-74 years old.
 - ◆ Are the second leading cause among 75-84 year olds, after falls.

- ◆ The crash rate for older drivers is in part related to physical and/or mental changes associated with aging and/or disease.
- ◆ *Traffic safety for older drivers is a growing public health issue.*

◆ Preusser, D. F., Williams, A. F., Ferguson, S. A., Ullmer R. G., & Weinstein, H. B. Fatal crash risk for older drivers at intersections. *Accid Anal Prev.* 30(2):151-157

Medical Conditions That May Affect Driving

<ul style="list-style-type: none"> • Stroke • Brain injury • Parkinson's disease • Multiple sclerosis • Dementia • Macular degeneration • Glaucoma 	<ul style="list-style-type: none"> • Diabetes • Peripheral neuropathy • Depression • Cardiovascular disease • Sleep disorders • Severe arthritis • Cancer treatment
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Parkinson's Disease and Driving

<p>◆ Parkinson's issues to consider:</p> <ul style="list-style-type: none"> • Stopping and starting, difficulty initiating movement • Tremor • Timing of medications to reduce symptoms that may affect driving safety • Cognitive decline 	<p>◆ 2007 University of Florida study found:</p> <ul style="list-style-type: none"> ◆ Drivers with PD are overconfident in their driving ability and therefore do not compensate for their deficits ◆ Physicians lack the necessary tools to identify unsafe drivers with PD <p style="text-align: right;"><i>(McCarthy 2007)</i></p>
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Diabetes and Driving

- ◆ Worldwide, 366 million people have diabetes
- ◆ If current trends continue, by 2050 an estimated one in three Americans will have diabetes.

Complications of Diabetes


- ◆ Leading cause of blindness in adults age 20 to 74. The three major eye problems associated with diabetes:
 - ◆ cataracts, glaucoma, and retinopathy.
- ◆ Acute hyper/hypoglycemic episodes
- ◆ Skin infections Foot problems
- ◆ Peripheral Neuropathy Vascular problems
- ◆ Cognitive decline

Age Related Macular Degeneration

- ◆ Macular degeneration is the leading cause of severe vision loss in people over age 60.
- ◆ Although macular degeneration is almost never a totally blinding condition, it can be a source of significant visual disability.

A True Story...

“I carry a magnifying glass in my purse, because I can’t read without it...and I also have binoculars in the car to see the street signs...I think I am a very responsible driver.”





Red Flags

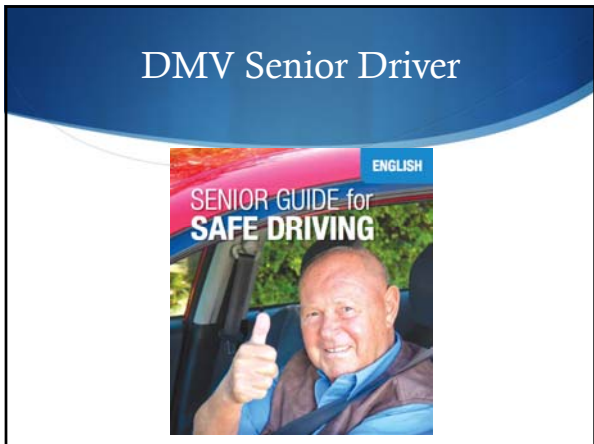
- ◆ Impairments in vision, sensation or motor control of the extremities.
- ◆ Cognitive deficits. Seizure disorders
- ◆ Syncope Poly pharmacy/medication changes
- ◆ Acute medical episode Sedating medications
- ◆ Cardiac arrhythmia Psychiatric disease
- ◆ Recent hx of traffic violations or crashes.



Assessment Tools & Resources







- ### Remediation
- ◆ Recognition of warning signs.
 - ◆ Intervention when appropriate.
 - ◆ Finding the correct resource.
 - ◆ Referral to M.D., vision specialist, OT/PT/ST, psychosocial intervention
 - ◆ Assessment of symptoms, therapeutic intervention
 - ◆ "Tweaking" medications
 - ◆ Physical, functional, cognitive retraining

- ### Driver Rehabilitation
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- Clinical Assessment;
 - ◆ Vision, visual perception, cognitive skills, sensory-motor functions.
 - On-Road Assessment of functional driving skills

- ### Driver Rehabilitation
- ◆ On-Road training
 - ◆ Adaptive driving controls, vehicle adaptive equipment, compensation techniques
 - ◆ Recommendation for retirement from driving.

Finding a Driver Rehabilitation Specialist

◆ www.eldersafety.org

To find a Driver Rehabilitation program near you



