



**MGS Annual Spring Conference**  
**Friday April 27, 2007**

# **Senior Drivers: Resources and Strategies for Driving Safer Longer**

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# Areas of Occupation

- **Community Mobility**
  - **Moving self in the community and using public or private transportation, such as driving, or accessing buses, taxi cabs, or other public transportation systems**

(AOTA Practice Framework, 2002, p. 620)
  
- **“Occupation Enabler”**
  - **Allows for engagement in other areas of occupation**
    - **Education**
    - **Work**
    - **Play**
    - **Leisure**
    - **Social Participation**



# Session Objectives:

- **Screening and assessment**
  - Determining driver competence
  - The role of law enforcement
- **Education, strategies and compensation**
  - Tools and resources
- **Driving cessation and transportation alternatives**



<b>Physically or Mentally Competent</b>	<b>Perceived competent</b>	<b>APPROPRIATE</b>
	<b>Perceived incompetent</b>	<b>inappropriate restriction</b>
<b>Physically or Mentally Incompetent</b>	<b>Perceived competent</b>	<b>At risk</b>
	<b>Perceived incompetent</b>	<b>Appropriate restrictions</b>

Dobbs, A.R., & Dobbs, B.M. (2000). The role of concordance between perceived and real competence for mobility outcomes. In K. W. Schaie & M. Pietrucha (Eds.), Mobility and transportation in the elderly (pp. 251-267). New York: Springer Publishing.



# Screening and assessment

- **Self-screening**
  - **UMTRI Decision Guide**
  - **AAA Roadwise Review**
  - **Checklists and booklets**
- **Professional screening & referral**
  - **Law Enforcement & DMV**
  - **Physicians**
  - **SW, OT, etc. Screen and refer**



# The Role Of Generalist & Specialist

- **All occupational therapists can**
  - Identify and treat impairments impacting function
  - Refer to specialists to assess driving competence
- **Demographic changes are driving practice to address changes associated with aging, medical conditions and co-morbidities**
  - Identify red flags for driving risk
  - educational resources and initiatives
    - For practitioners
    - For involvement in community initiatives



## The Occupational Therapy Driver Rehabilitation Specialist

- Specialists have advanced education in driver evaluation, instruction and training, adaptive equipment & vehicle modification
- Evaluation of individual strengths and limitations
  - Clinical & on-road portions  
(ADED Best Practices 2005 & AOTA Older Driver Practice Guideline, 2006)
- Outcome of a driving evaluation
  - Intervention to address impairment
  - Is not just “thumbs up or thumbs down”



# Driving Evaluation: Basic Physical Assessment

- **Physical assessment:**
  - Strength
  - Balance
  - Endurance
  - Range of Motion
  - Sensation
  - Reaction time
- **Visual Assessment**
  - Visual acuity
  - Contrast Sensitivity
  - Color perception
  - Depth perception
  - Visual fields
  - Visual scanning



# Driving Evaluation: Cognitive Assessment

- MMSE
- Short Blessed
- Speed of processing
- Useful Field of View
- Multitasking assessment
- Driving performance assessments
- Simulators
- Psychosocial Assessment
  - Depression
  - Pain



# Driving Evaluation: On Road Performance

- On-road or Behind-the-wheel evaluation
  - Predriving routines checklist
  - Driving in various situations
  - Driver characteristics and behaviors
  - Performance in context
- Fixed route vs. variable route
  - Pros and cons

Click on the blue!

Video used with permission from  
Adaptive Mobility Service, Inc.



# Outcome of a Driving Evaluation

- Recommend intervention ...to continue driving
  - Lessons & training, strategies
  - Recommend restrictions
  - Adaptation and compensation
  - Time to recover, re-evaluate
- Recommend cessation ...when risk too high
  - Identify appropriate alternatives
  - Caregiver training



## **NHTSA's Law Enforcement Module**

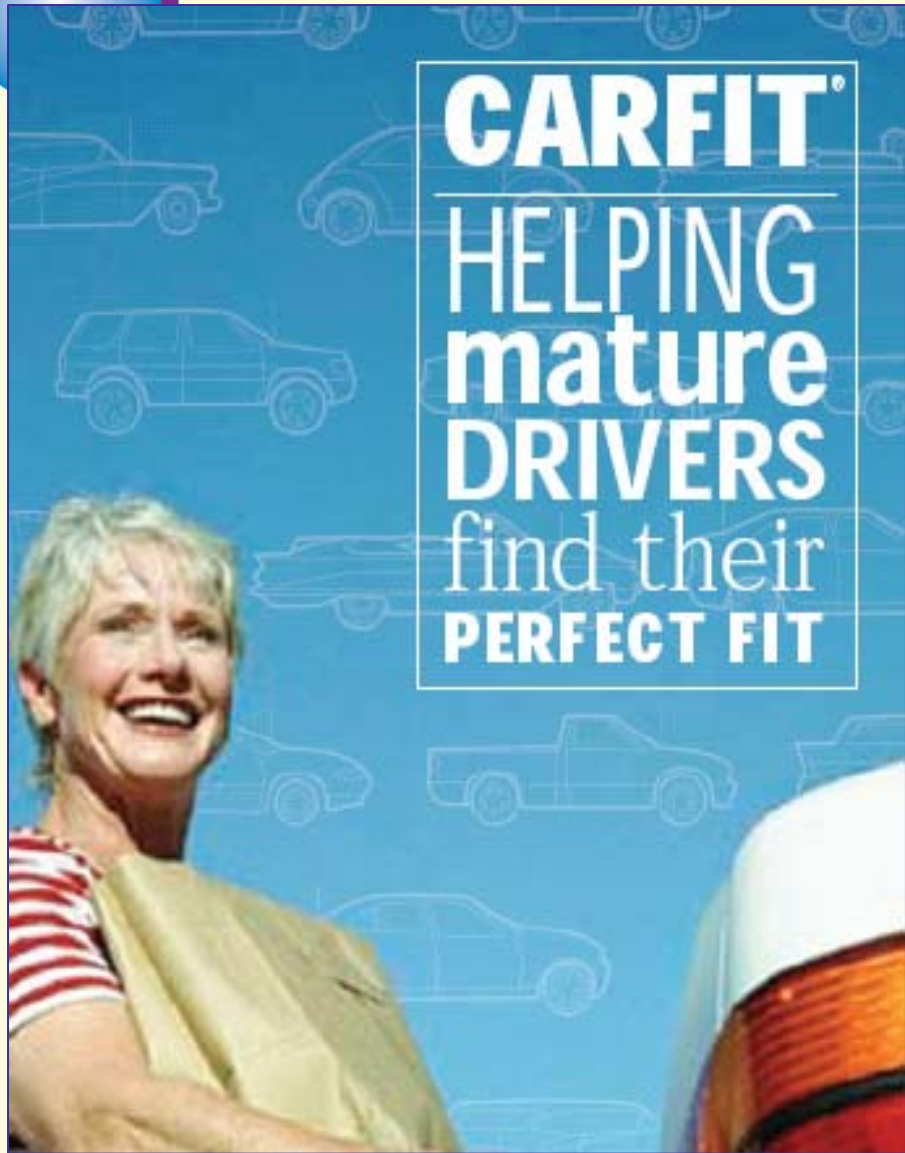
- **Due to the high traffic fatality rate for elders, law enforcement will need special skills to deal with this growing traffic safety concern. The Older Drivers Law Enforcement course will provide information on identifying at-risk drivers, appropriate enforcement actions, suggest opportunities to improve community relations and discuss the a referral process to licensing authorities.**



# Community Awareness

- **DriveWell**
- **WNTT**
- **Pamphlets and brochures**
- **CarFit**

**“starting a conversation”**



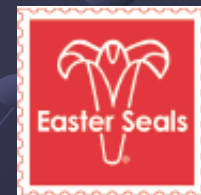


# Transitioning from driver to passenger

- **Planning**
- **Client education and intervention**
- **Caregiver training and support**
  - **Cessation support groups**

# *Easter Seals Transportation Solutions Projects*

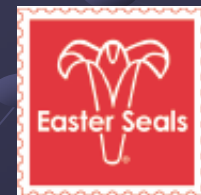
- Targeting caregivers, volunteer transportation programs and other transportation options to support older adults and their caregivers
- Transportation Solutions for Caregivers
  - 3 year project 2001-2004
  - Funded by the Administration on Aging, National Family Caregiver Support Program
- Local Transportation Solutions for Seniors
  - 2 year project 2005-2006
  - Operationalized and built on Transportation Solutions for Caregivers tools/experience
  - Funded by The Retirement Research Foundation



# *Caregiver Transportation Toolkit*

## Transportation Solutions for Caregivers: A Starting Point

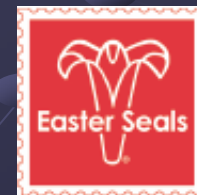
- Video (closed captioned)
  - Caregiver Experiences
  - Expert Advice and Solutions
- Booklet
  - Communication
  - Sensitivity
  - Preventing and Dealing with Agitation
  - Providing Physical Assistance
  - Resources
- Facilitator Manual (facilitates use of toolkit in groups)
  - Session-at-a-Glance
  - Talking Points
  - CD with PowerPoint Presentation
  - Evaluations



# *Senior Transportation Options*

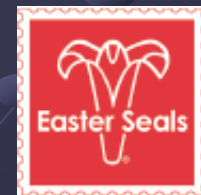
## Template and Booklet for Communities \*

- Template/Booklet
  - Caregiver Questions
  - Local Transportation Options
- Supportive Materials
  - Instructions
  - Local Sources to Tap
  - Customer Comment Card
  - Model Media Release



# *Transportation Escorts for Seniors*

- Targets transportation providers and aging service providers.
- Explores the area of transportation escorts and they fit with in the continuum of transportation options for seniors.
- Describes the various settings, services, and management of transportation escorts
- Highlights the benefits of incorporating escorts into transportation services to provide more supportive transportation options for seniors throughout the U.S.



## *National Center on Senior Transportation*

- Administered by Easter Seals in partnership with the National Association of Area Agencies on Aging (n4) in cooperation with the Federal Transit Administration.
- NCST's mission is to increase transportation options for older adults and enhance their ability to live more independently within their communities throughout the U. S.
- Visit: [www.projectACTION.org](http://www.projectACTION.org) to learn more about Easter Seals Project ACTION and the new National Center on Senior Transportation. ([www.seniortransportation.net](http://www.seniortransportation.net) launching summer 2007.)

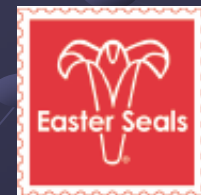
# Contacts

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For more information, tools and materials visit:

[www.easterseals.com/transportation](http://www.easterseals.com/transportation)





# Caution Re: Suggestions

- **May seek Internet purchases**
- **May bypass evaluation and prescription of appropriate equipment matched to individual need**
- **May bypass certified installer**
  - Placement
  - Adjustment
- **Risk and liability**



# Mobility Depends on A Network Of Services

- **Community education**
- **Screening vs. evaluation**
- **Partnerships & referral pathways to address individualized needs**
  - **Primary Goal: to drive safer longer**
  - **Cessation: Address client and caregiver needs**
- **Invite occupational therapists and demand program development**



# Thank you!

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