

Parkinson's Disease and Driving



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Did you know?

- Private cars account for over 90% of trips made by seniors
- Loss of mobility can lead to depression, low life satisfaction, health problems, isolation, and loneliness
- Men outlive their ability to drive by 6 years; women outlive their ability to drive by 10 years
- The majority of people over 65 live in rural communities where public transportation is limited or not available

Key Facts:

- Older drivers are involved in more crashes
 - At intersections
 - Involving left hand turns
 - Failure to grant right-of-way
 - Being indecisive as to when to take turn at all-way stop intersections

Key Facts:

- Older drivers have a higher fatality rate per miles driven of any age group except for drivers under 25. Drivers over 85 have a 9 times higher fatality rate than 25-69 years old.
- Crashes are the leading cause of injury-related deaths among 65-74 years old, and the second leading cause of injury-related deaths (after falls) among 75-84 years old's

Driving Evaluation: Clinical Assessment

- Medical History
- Medication Use
- Driving History and Habits
- Concerns



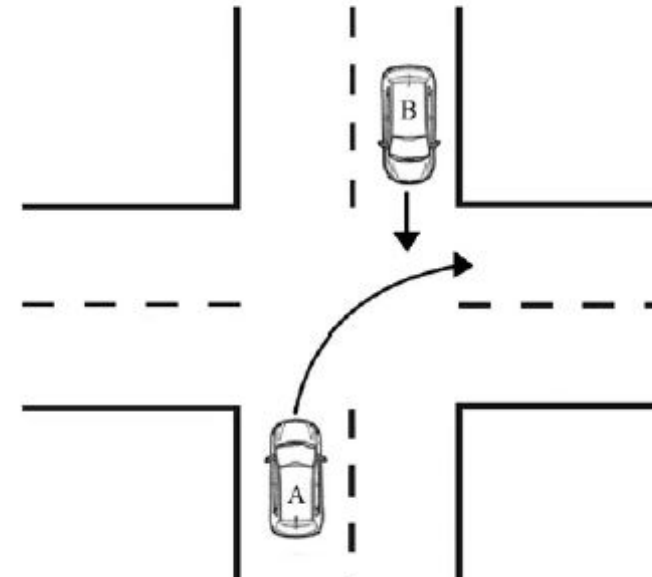
Vision

- Acuity
- Visual Fields
- Scanning
- Depth perception
- Visual perception



Cognition

- Attention/Concentration
- Memory
- Planning and Organization
- Processing Speed
- Knowledge of Traffic Signs and Road Markings
- Rules of the Road
- Behavior and Self-Control
- Judgment and Insight



Physical

- Range of Motion
- Strength
- Sensation
- Endurance
- Coordination
- Reaction Time
- Transfers
- Mobility aid management



Functional (On-Road) Assessment

- Parking Lot
- Residential Area
- Rural Area
- City Area
- Light/Heavy Traffic
- Expressway/Highway Driving



Warning Signs

- Confusing brake and gas pedal or hitting both pedals at the same time
- Poor road position or trouble navigating turns and changing lanes
- Doesn't observe signs or signals or other hazards
- Incorrect signaling
- Failure to yield
- Driving at inappropriate speeds
- Stopping at green lights or braking inappropriately
- Delayed responses to unexpected situations
- Getting lost on familiar roads and routes or forget where you're going
- Fatigue or excessive sleepiness
- Tickets or being stopped for various infractions
- Fender benders or near misses

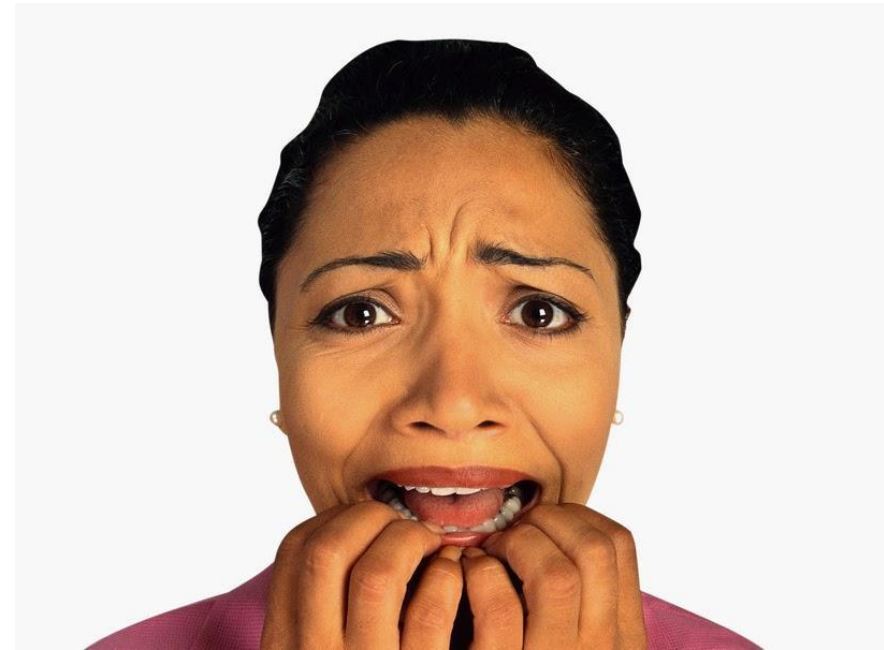
Provide Recommendations

- **Option for restrictions**
 - Daylight driving only
 - No highway driving
 - Avoid rush hour/bad weather
 - Speed limitations
 - Trip or Route Modification
 - Vehicle Selection/Adaptation
 - Re-evaluation Time Period
- **Driving Retirement**



Why is driving retirement a difficult topic to discuss?

- Person may feel a loss of;
 - mobility
 - independence
 - self-esteem
 - control
 - level of care
- Person may become angry
- Person may lack insight
- Family may not be in the position to assist with driving



Transitioning from Driver to Passenger

- Early involvement of the person in the decision-making process
- Discuss the topic frequently
- Introduce alternative means of transportation
- Consider transportation options when pursuing housing alternatives



Transportation Alternatives

- Family
- Friends
- Senior Services or Volunteer Programs
- Bus/Paratransit
- Taxi
- Lyft or Uber



Transitioning from Driver to Passenger

Have a Retirement from driving plan

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, in order 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 in order to ensure my safety and the safety of others while protecting my dignity.

Signed _____ Date _____

Transitioning from Driver to Passenger

- Discuss the cost and responsibility of driving

costs		yearly totals
operating costs		
gas per mile		_____
total miles driven	×	_____
total gas	=	_____
maintenance	+	_____
tires	+	_____
total operating costs	+	= _____
ownership costs		
depreciation		_____
insurance	+	_____
taxes	+	_____
license and registration	+	_____
finance charges	+	_____
total ownership costs	+	= _____
other costs (parking, tolls, washing, etc.)	+	_____
total driving costs	=	_____
total miles driven	÷	_____
cost per mile	=	_____

Transitioning from Driver to Passenger

Talk with others who have stopped driving and share your feelings of loss



New York State Re-Examination Process

- New York State does not have a mandatory reporting law. The DMV acts when it has information that a driver has a possible condition that can affect driving skills.
- Drivers license application or renewal form
- Accident report
- Police report
- Physician report
- Report from family or a concerned citizen

Do you have
any questions
or comments?

