

# Dementia and Driving Checklist

## 1. Questions to Ask the Patient and Family

### Patient

Yes	No	
		Have you noticed any change or decreased confidence in your driving skills
		Have you had any accidents (or minor fender benders with other cars in the parking lots) in the last year?
		Do other drivers honk at you or show irritation towards your driving?
		Have you lost confidence in your overall driving ability?
		Have you restricted your driving habits (driven less or only on familiar routes, or avoided driving at night, in bad weather, or on busy streets)?
		Have you ever become lost while driving or forgotten where you were going?
		Have you received any traffic citations (driving too slowly / failing to stop) in the last year?

Adapted from 3<sup>rd</sup> Canadian Consensus Conference On Diagnosis and Treatment of Dementia (3<sup>rd</sup> CCCDTD)

### Family

Yes	No	
		Do you or would you feel uncomfortable being a passenger when the person is driving?
		<b>Would you be concerned if the grandchildren were alone in the car when the patient was driving? -</b> Anecdotally this question produces a more genuine response regarding how safe the patient is to drive
		In the last year has the person had any crashes or near misses or tickets for traffic violations (driving too slowly, failure to stop)?
		Have you noticed the person self restricting their driving habits (driving less or only on familiar routes, or avoiding driving at night, in bad weather, or on busy streets)?
		Have you or others seen unsafe or abnormal driving behaviour or are cues / directions needed from a "co-pilot"?

Adapted from 3<sup>rd</sup> Canadian Consensus Conference On Diagnosis and Treatment of Dementia (3<sup>rd</sup> CCCDTD)

## 2. Vision/hearing – are there concerns with the following

Yes	No	Ability	Issues
		Visual Acuity	
		Filed of Vision	
		Hearing	

## 3. Physical Examination – Are there concerns with the following

Yes	No		Description
		Upper Extremities	
		Lower Extremities	
		Neck Range of Motion	
		Balance	
		History of Falls	

Adapted from Dementia Tool Box (2004)

## 4. Assessing Reaction Time using the “Ruler Test” Are there concerns

Yes	No	Description

## 5. Medical Conditions – Are there concerns with the following

Yes	No	Condition
		Cardiac
		Neurological
		Musculoskeletal
		Diabetes
		Sleep Apnea
		Alcohol

## 6. Medication Review – Are there concerns with the following

Yes	No	Medication	High Dose	Changing Doses
		benzodiazepines		
		Antipsychotics		
		Muscle relaxants		
		Sedating antidepressants		
		Sedating antihistamines		
		anticonvulsants		
		others		

## 7. Dementia Characteristics: Indicate

### Type of Dementia

Yes	Type	Comments
	Lewy Body Dementia LBD	Unsafe to drive regardless of MMSE score due to hallucinations and fluctuations
	Frontotemporal Dementia FTD	Unsafe to drive regardless of MMSE score due to disinhibition and impaired judgment
	Vascular Dementia VAD	Unsafe to drive if visuospatial problems exist
	Alzheimer's Dementia AD	Only very mild to mild cognitive impairment and with individual assessment with 6 month follow ups
	Mixed AD/ VAD	See above

## 8. Severity of Dementia : MMSE scores and Functional Abilities

### MMSE Scores

Yes	Score	Comments
	< 20	Unsafe
	21 - 24	Probably safe
	> 25	Possibly unsafe

### Functional Abilities:

- Problems with no more that 1 IADLs and no ADLs

Yes	IADLs
	Shopping
	Housework
	Accounting
	Food preparation
	Transportation
	Laundry
	Telephone
	Medications

## 9. Other Cognitive Function Factors

**Judgment: Are there any concerns with the following responses**

Yes	No		Comments
		What would you do if there was a fire in your neighbour's kitchen?	
		When driving what should you do when you approach a yellow light?	
		What would you do if you found an addressed envelope on the ground?	

**Visuospatial: Based on testing / MMSE are there any concerns with**

Yes	No	Test Item	Comment
		Intersecting Pentagons - MMSE	
		Clock drawing - MMSE	

**Executive Functioning: Based on Testing / MOCA are there any concerns**

Yes	No	Test Item	Comment
		Trails A - MOCA	
		Trails B - MOCA	

## 10. Behavioural Issues

**Ask the patient and family if the patient displays or is experiencing any of the following**

Yes	No	
		Delusions
		Disinhibition
		Hallucinations
		Impulsiveness
		Agitation
		Anxiety
		Apathy
		Depression