



**ARE WE TRAUMATIZING THE
PATIENT? DISCUSSING
DRIVING RETIREMENT
THE 5-STEP APPROACH**

**GAIN Clinic – The Scarborough Hospital
RSGS Conference**

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OBJECTIVES

- Discuss principles of strength based approach
- Explore ways to start the conversation regarding driving retirement with Senior drivers
- Explore ways to discuss driving cessation when patients are potentially unsafe to drive



STRENGTH BASED APPROACH

- Focus on the assumption that people have strengths and resources for their own empowerment
- Focus on the individual, involving them in identifying strengths, setting goals and developing plans
- Has an emphasis on capacity and intentionality



STEP 1: START THE CONVERSATION EARLY

- Engage patient in the conversation early *before* issues with driving arise, letting them know of your concerns regarding their independence, safety and well-being for themselves and others
 - Annual physical
 - Once patients turn 65
 - At working retirement
 - At new diagnosis of condition that has potential impact on driving in the future (Visual Impairment, Parkinson's, COPD, CHF etc)



STEP 2: WHEN CHANGES BEGIN TO ARISE

- Revisit driving issues when lifestyle and/or medical changes begin to impact patient's function
- Inform how physical and/or medical changes can affect driving skills
- Discuss compensatory strategies based on the context



STEP 3: WHEN CHANGES AFFECT DAILY LIVING

- Share the facts about driving risks
- Consider driving assessment to evaluate safety on the road
- Explore fears surrounding the loss of independence and social connection
- Prepare the patient for transition – “mobility counselling” [Carr and Ott, 2010]
- We want patients to be in the position to say “yes, it’s time to retire from driving.”




STEP 4: ENFORCING DRIVING RETIREMENT

- Revisit concerns surrounding driving skills focusing on mental/physical/visual abilities and reaction time
- Reflect and celebrate positive driving history
- Be firm and non-negotiable in your instruction that they should no longer drive
- Completion of Medical Condition Report



STEP 5: SUPPORTING TRANSITION

- Encourage family to set a schedule with the patient and organize transportation plans around it
 - Find out what patient likes and dislikes regarding transportation alternatives and make adjustments
 - Review transportation plan at least twice a year
 - Grief and loss counselling and peer support groups
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