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
REFERENCES


- Alzheimer Society of Ottawa and Renfrew County. (2012). *Planning for a day when you can no longer drive: Suggested approaches to help the driver* [Fact Sheet]. Retrieved from http://www.alzheimer.ca/cornwall/~media/Files/chapters-on/cornwall/Info/Fact%20Sheets%20EN/Planning%20for%20a%20day%20when%20you%20can%20no%20longer%20drive%20ASCD%202012.pdf


