

ASSESSING YOUR TRAVEL OPTIONS



1. Do I usually drive to where I need to go? ☐ Yes ☐ No
If yes, are there times of day, locations, or weather conditions where I now restrict my driving?

2. Am I an experienced transportation user? ☐ Yes ☐ No
If yes, what is my experience in using transportation?

TRANSPORTATION	EXPERIENCE
Bus	
Subway/Metro	
Rideshare	
Other	

If no, are there particular reasons why I do not use public transportation?

Do I use any equipment or support to help me move around, either at home or when I go out?

☐ Cane or walker ☐ Manual wheelchair ☐ Power chair ☐ Service or comfort animal
☐ Scooter ☐ Other

4. Do I ever travel with someone who is paid to travel with me? ☐ Yes ☐ No

Do I usually travel with a family member or friend? ☐ Yes ☐ No

What kinds of support do these companions provide for me?

5. Which kind(s) of transportation service(s) do I prefer to use?

6. What other types of transportation service(s) would I consider for future use?

7. Will print and/or online Transportation Planning Guides assist me? ☐ Yes ☐ No

8. Am I comfortable understanding transportation schedules, signs, and instructions? ☐ Yes ☐ No

9. What type(s) of assistance would be helpful for me?

10. Are there tasks that I can accomplish without leaving my home? ☐ Yes ☐ No

11. Will my supermarket deliver groceries? ☐ Yes ☐ No

12. Will my pharmacy deliver my medications? ☐ Yes ☐ No

13. Can I get Meals-on-Wheels services or someone else to deliver meals? ☐ Yes ☐ No

14. Can I shop online or from catalogs for what I need? ☐ Yes ☐ No

HAVING CONVERSATIONS WITH SOMEONE EXHIBITING DRIVING PROBLEMS

If you have noticed that a friend or family member shows some of the warning signs of unsafe driving, it means it is time to talk with them. Discussions about driving issues can be difficult and emotional. The conversations may need to be conducted in a sensitive and thoughtful manner. It is useful to think of these discussions in three parts. First, how do you approach the conversations? Second, what kinds of topics or information should you discuss? Third, who is the best person to have the conversation with the driver?

HOW TO APPROACH THE CONVERSATIONS:

- **Consider the meaning of driving and its significance to the driver.** For many, driving is more than just a mode of transportation; it is symbolic of his or her identity, freedom, or independence.
- Before having the conversations, **be sure you have observed the driver over time.** Write down the abilities the driver still possesses.
- **Ask the driver if a doctor has reviewed a medical condition or medications to determine if they have any effects on his or her driving.**
- **Do not just have one conversation.** Have several conversations over a period of time. Be persistent and do not feel guilty about mentioning the topic multiple times.
- **To begin the conversations, first pick someone in the family or community whom the driver knows and trusts.** This is usually a spouse, an adult child, or the family doctor.
- **Ask for the help of someone who has recently stopped driving and has found other ways to get around.** You may need to ask a friend if he or she knows such a person.
- Have conversations **before** driving becomes a problem.

HOW TO HAVE THE CONVERSATIONS:

1. Start conversations with your concern for the person's overall well-being and use "I" rather than "you" messages: **"I'm concerned about your safety while driving since your surgery ... is there anything I can do to help until you are feeling better?"** It is not good to say "You're no longer a safe driver."
2. Try to let the person preserve his or her self-respect. Listen honestly to the person's viewpoint and reasoning and always show compassion.
3. Be supportive of any changes the driver has already made, such as reducing the number of trips he or she makes or limiting night driving.
4. Explain the availability of other transportation methods such as family, friends, neighbors, taxis, public and other transportation services, as well as their benefits (safer, less expensive and less trouble than maintaining a car).
5. Ask the person to consider having a formal assessment done by an occupational therapist, who is also a trained driver rehabilitation specialist.

If a person with serious driving deficiencies does not respond to any of these efforts, you may have to report the person to the state's department of motor vehicles as a last resort. Not all states maintain the confidentiality of those reporting. If it is important to you that your report remains confidential, first check with your state's motor vehicle department or bureau for details. *Select your state on the on-line map to see if there is any state-specific information for your state. You can use this section to make note of what you find for your state.*

JUDGING YOUR OWN DRIVING



How is your driving? Here is a quick review of some issues we talked about in terms of other drivers. For each question, check **Yes** or **No**.

1. I notice that other drivers seem to be honking at me.
☐ Yes ☐ No
2. I find space in traffic hard to judge.
☐ Yes ☐ No
3. I find that vehicleless suddenly appear from nowhere.
☐ Yes ☐ No
4. I fail to notice red lights and traffic signs.
☐ Yes ☐ No
5. I have trouble looking over my shoulder to back up or change lanes.
☐ Yes ☐ No
6. I have trouble driving through intersections.
☐ Yes ☐ No
7. I get nervous making left turns against oncoming traffic.
☐ Yes ☐ No
8. I lack confidence that I am able to drive in heavy traffic.
☐ Yes ☐ No
9. I lack confidence that I am able to drive at high speeds.
☐ Yes ☐ No
10. I feel overwhelmed by too many road signs, signals, pavement markings, pedestrians, and other vehicles.
☐ Yes ☐ No
11. I get lost on roadways that should be familiar to me.
☐ Yes ☐ No
12. I feel nervous, agitated, or irritated while driving.
☐ Yes ☐ No
13. I have had several close calls, a near crash, or fender benders in the last 3 years.
☐ Yes ☐ No
14. My doctor advised me to limit or stop driving because of my health.
☐ Yes ☐ No
15. I have asked my doctor to refer me to a specialist.
☐ Yes ☐ No



If you answered "Yes" to any of these questions, you may be experiencing a driving problem. If you answered "Yes" to several questions, you may need to schedule an appointment with an occupational therapy driver rehabilitation specialist to consider a formal driving assessment.