



# FUNCTIONAL FRIDAY

## Older Driver Safety Awareness Interventions that Empower Drivers and Families

Physical changes that are apart of aging can lead to challenges when driving. Adaptive equipment can be used to make driving safer and easier.

- **Adaptive equipment**
  - Devices used to assist in daily tasks, can be high tech or low tech.
- **Extended mirror**
  - Add on mirror to broaden how much you can see out of your window.
- **Handy Bar**
  - A removable grab bar to help get in and out of the car. Latches onto the car's door latch.
- **Built in equipment:**
  - May already be in your car or can be installed
  - Can include backup camera, emergency assistance systems, traction control sensors, and tire pressure sensors.

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- **Siren detector**
  - Device that alerts driver when firetrucks or ambulance are nearby.
- **Seat cushion**
  - Cushions created for cars for back support and to raise up the individual to see over the steering wheel.
- **360 Swivel Seat**
  - Seat cushion that helps the individual get into and out of the car easier.

Devices that need to be installed by a professional:

- **Hand controls**
  - Installed to the steering wheel so the gas and breaks can be controlled with the hands.
- **Pedal extenders**
  - Device that extends the length for the pedals for individuals who are short in stature.

Review information from the Assessment and Evaluation session about ways occupational therapy can assist with receiving and learning how to use devices. A referral for evaluation and/or specialized equipment is needed from your primary care provider to receive these types of devices.

American Occupational Therapy Association, (2021). *Thursday: Interventions That Can Empower Drivers and Families*. <https://www.aota.org/Conference-Events/Older-Driver-Safety-Awareness-Week/Thursday-full-article.aspx>