

FUNCTIONAL FRIDAY

Older Driver Safety Awareness: Screening and Evaluations

Screening and Evaluations:

- Help to check on your ability to drive
- Help you Identify your strengths and any changes in vision, physical ability, and/or cognition that may be a risk for driving safely
- Recommend how you might strengthen skills or adjust for weaknesses
- Recommend a plan to stop driving now or in the near future if changes in your skills and abilities are too severe
- The occupational therapy professional will work with you to identify different modes of transportation that would work for you

Why are screenings and evaluations important?

- As you get older, physical, visual, and cognitive abilities needed for driving can change

Types of evaluations:

- self-assessments
- A comprehensive driving evaluation by a occupational therapy certified driver rehabilitation specialist (CDRS)

Self-Assessments that are available online:

- The Fitness to drive screening measure:
 - <http://fitnesstodrive.phhp.ufl.edu/>
- The Driving Decisions Workbook:

- <https://deepblue.lib.umich.edu/bitstream/handle/2027.42/1321/94135.0001.001.pdf?se>
- The SAFER Driving Survey:
 - <http://um-saferdriving.org>
- AARP Resources:
 - <https://www.aarp.org/auto/driver-safety/driving-assessment/>

You should consider a driving evaluation from an occupational therapy driver rehabilitation specialist when:

- You are “feeling your age”
- Have been told you should stop driving
- You would like to resume driving after a period of non-driving
- If a change of circumstances affects where or how much you drive
- You have a loss of peripheral vision
- You have experienced a major change in motor function, particularly in your legs or arms, or flexibility in neck or head
- You have been diagnosed with dementia or Alzheimer’s disease, but you are in the early stages

American Geriatrics Society. (2016, January). *Clinician’s guide to assessing and counseling older drivers, 3rd edition.* https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/812228_cliniciansguidetoolderdrivers.pdf

American Occupational Therapy Association. (n.d.). *Wednesday: screening and evaluations.* <https://www.aota.org/Conference-Events/Older-Driver-Safety-Awareness-Week/Wednesday-full-article.aspx>