



DRIVING & DEMENTIA ROADMAP

For people with dementia who are no longer driving

A print version of the Driving and Dementia Roadmap website.



CCNA
Canadian Consortium
on Neurodegeneration
in Aging



CCNV
Consortium canadien en
neurodégénérescence
associée au vieillissement



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Preface

- This document is a print version of the Driving and Dementia Roadmap website and was created for individuals without access to a computer or the internet.
- This PDF contains the written content available on the Driving and Dementia Roadmap website.
- The Driving and Dementia Roadmap website, which can be accessed through the internet, contains additional videos, links, worksheets and resources that are not included in this PDF document.
- If you are able to access the internet, please visit www.drivinganddementia.ca.

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What is the Driving and Dementia Roadmap?

- It is a resource to help you understand why it was important that you stopped driving.
- It will give you ideas on how to get around now that you are no longer driving.
- It will show you how you can continue to lead a fulfilling life after you stop driving.
- The information is from a free website for people with dementia as well as their family/friend caregivers and healthcare providers:
www.drivinganddementia.ca
- The website was developed by a team of researchers in consultation with people with dementia and family/friend carers.



Understanding why it is necessary to stop driving

- At first you were able to adjust your driving to make sure you were driving safely.
- But dementia is progressive, and as your symptoms got worse over time, your driving likely became less safe.
- It is common that people with dementia may not recognize when their driving is no longer safe.
- Problems that are common with dementia that make driving unsafe include:
 - Forgetfulness
 - Getting lost
 - Slower reaction time
 - Low attention span

Video available on the Driving and Dementia Roadmap website

On the Driving and Dementia Roadmap website (www.drivinganddementia.ca), click on the video titled "**Driving with Alzheimer's disease (National Highway Traffic Safety Administration)**" to see how dementia can affect driving.

You can access this video by locating the "I have dementia" heading on the homepage of the website and clicking "and I am no longer driving." Then, click on "Understanding why it is necessary to stop driving."

Getting around without driving

Driving is certainly a convenient way to get around, and yet it is not the only way. Think of all the places you go to and then see if any of these options would work for getting there:

- Lifts from family and friends
- Carpooling
- Public transit - but if you tend to get lost, you need to have someone take you to the transit option and meet you at your destination.
- Taxis and ridehailing (e.g., Uber, Lyft) - but if you tend to get lost, you need to have someone meet you at your destination.
- Community organizations that offer driver services
- Retirement residences with van service
- Lifts from members of your religious organization

Consider changing some of your routines with the support of someone you trust such as a family member, friend, or neighbour. For example:

- Instead of visiting the bank, set up automatic bill payments.
- Instead of going to the grocery store, mall, and pharmacy, shop online and use grocery and pharmacy delivery services, as well as services like Meals-on-Wheels.
- Instead of going out to services like the hairdresser or doctor, arrange for home visits.

The Driving and Dementia Roadmap website contains information about alternative transportation options in your province or territory.

Here's what a person with dementia has to say:

- “People are there to help and they like to help. It makes them feel good to help. If you rely on people a little more it can actually be a good thing. It can bring you closer together.”

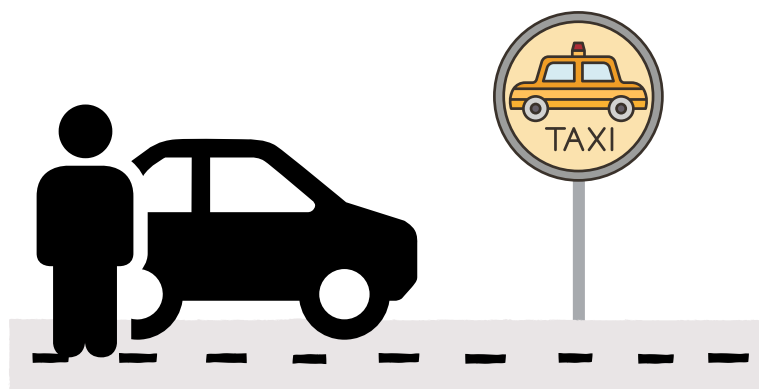
Video available on the Driving and Dementia Roadmap website

On the Driving and Dementia Roadmap website (www.drivinganddementia.ca), click on the video titled "**Plan in Place (The Alzheimer's Society)**," in which a woman with dementia plans with her family for when she can no longer drive. You can access this video by locating the "I have dementia" heading on the homepage of the website and clicking "and I am no longer driving." Then, click on "Getting around without driving."

Try these worksheets

Try these worksheets from the Driving and Dementia Roadmap website and the Driving and Dementia Roadmap Package of Resources.

1. **Driving Activities - Where, When and Why?** Refer to Page 11 in the DDR Package of Resources.
2. **Getting There - Using Alternative Transportation.** Refer to page 13 in the DDR Package of Resources.



Dealing with my emotions

- Having to stop driving is a major life change for many people.
- It is understandable that you may be experiencing grief and feeling a variety of emotions.
- Give yourself space and time to feel the range of emotions you may be feeling.

Identify your emotions

Sometimes it is hard to know how you are feeling. Try to identify your emotions by answering these questions:

- Do you feel **sad** because you can no longer be independent?
- Do you feel **angry** because you don't think you need to give up driving?
- Do you feel **confused** because you don't know why you had to stop driving?
- Do you feel **worried** because you don't know how you will be able to get around?
- Do you feel **guilty** because you think that now you need to ask others to help you get around?
- Do you feel **relieved** that you are no longer driving?

Once you have identified your emotions, share them with others because discussing how you are feeling will help you manage your emotions. All these feelings are common for people who have stopped driving.

Try these ideas to manage how you are feeling

- Talk to someone you trust such as your family, friends, neighbours or faith leaders.
- Talk to your doctor or other healthcare professionals.
- Join an in-person or online support group.
- Ask someone you trust to help you come up with ideas for support by using the circle of support worksheet on page 15 of the Driving and Dementia Roadmap Package of Resources.
- Contact your local Alzheimer Society for support and resources.

Here's what a person with dementia has to say:

“Take a deep breath. Let it out. Everything will be fine. It's really scary at first. It seems like you're giving up your freedom, but actually, there's a freedom also in not having your licence.”

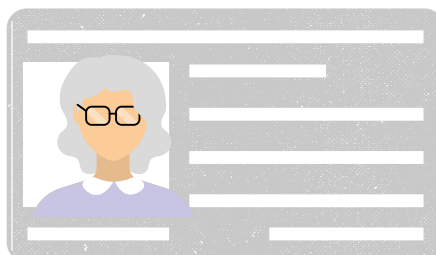
Try this worksheet

Try this worksheet from the Driving and Dementia Roadmap website and the Driving and Dementia Roadmap Package of Resources.

- **Not Going It Alone: Who Can Offer Support.** Refer to page 15 in the Driving and Dementia Roadmap Package of Resources.

Learn about licensing, reporting, & transportation options

- If a drivers' licensing authority suspended your licence, you had to stop driving at that time.
- If a healthcare professional told you that you are no longer safe to drive, hopefully you stopped driving immediately. Continuing to drive puts yourself and others at risk.
- In addition, most, if not all, motor vehicle insurance policies include a clause that requires you to tell your insurer that you have a medical condition, such as dementia, because it can affect your driving.
- To get around without driving, ask your family/friend carers and doctor to help you come up with an alternative transportation plan. For more details about making a plan, go to page 13 in the Driving and Dementia Roadmap Package of Resources.
- Visit the Driving and Dementia Roadmap website (www.drivinganddementia.ca) to view alternative transportation options to based on where you live in Canada.



Acknowledgements

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