



A Driving Cessation Decision-Making and Coping Framework and Toolkit for People with Dementia

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- **No conflicts of interest to declare**

- **Background**
- **Objectives**
- **Methods**
- **Results to date**
- **Implications and next steps**

- **Drivers with dementia have significantly higher crash rates than controls (2-11x)**
- **Driving cessation becomes inevitable in people with dementia**
- **Driving cessation is associated with worse health, social and functional outcomes and represents a major life transition**
- **Decision-making about driving cessation and meeting post-driving cessation support needs are major challenges in dementia care**

Man-Son-Hing et al. JAGS 2007;55:878-84
Chihuri et al. JAGS 2016;64:332-341

- **To develop a multi-component, evidence-based intervention framework with relevant tools and resources that supports driving cessation decision-making and also supports emotional, transportation and other needs following driving cessation for people with dementia and their caregivers**

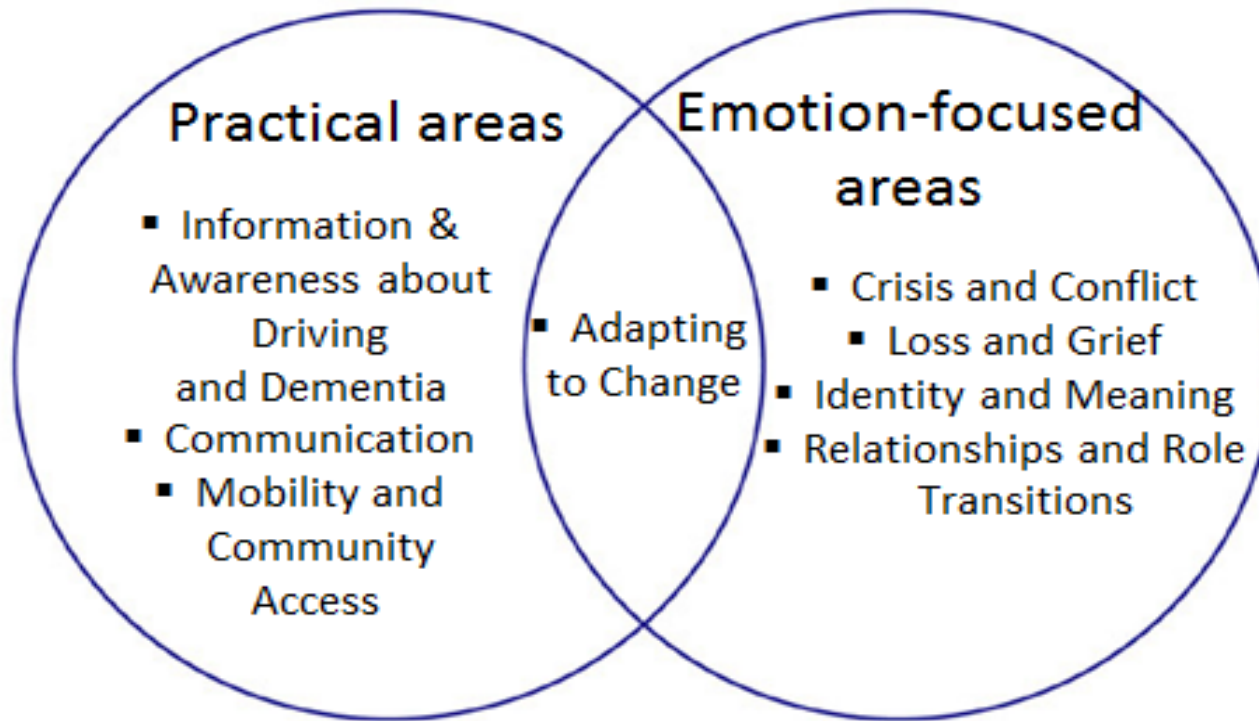
Methods

- 1. *Driving cessation interventions* for individuals with dementia and older adults**
- 2. Strategies to facilitate driving cessation for persons with dementia**
- 3. *Sex differences* in driving cessation in dementia**
- 4. Alternative transportation options for individuals with dementia**
- 5. Intervention approaches to *major life transitions* in older adulthood**
- 6. Psychotherapeutic interventions for older adults with cognitive impairment**

- **In-depth, semi-structured interviews and focus group sessions to explore the perspectives and experiences of key informants (n=31) on strategies to support decision-making and the transition to non-driving**
 - **Healthcare providers (n=10)**
 - **Representatives from organizations (n=6)**
 - **Family caregivers (n=13)**
 - **Former drivers with dementia (n=2)**

- **Semi-structured website searches for relevant tools and resources**
- **Review of publically available tools and resources in different formats**
- **Assessment of resources for relevance, feasibility and accessibility**

Results to Date




Approaches

- Education
- Planning and skills building
- Group and individual support, coaching and counselling
- Peer support
- Advocacy and political action

- 1. To bring together existing resources on driving cessation that are available on various public platforms.**
- 2. To curate and organize resources in a way that increases their accessibility and potential usefulness for people with dementia and their caregivers.**

1. Information and Awareness

- **The Impact of Dementia on Driving Skills**
 - Public awareness video
- **Risk Factors and Warning signs**
 - Risk Factor and Warning Signs Checklists
- **Driving Assessment**
 - Self-Assessment Tools
 - Assessment Tools for Family or Caregivers



Have you had any accidents in the last year?

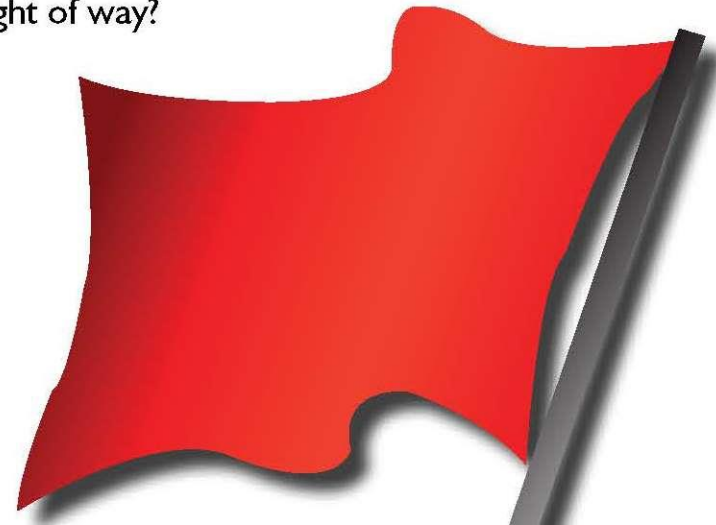
Have you had any minor fender-benders or minor accidents in the last year?

Have you received any traffic tickets or warnings for speeding, going too slow or improper turns?

Have others criticized your driving or refused to drive with you?

Are you confused when you enter or exit a road?

Do you have difficulty yielding the right of way?



Source

The Driving & Dementia
Toolkit for Patients and
Caregivers
(2011, Regional Geriatric
Program of Eastern Ontario,
Canada)

2. Communication Support

- **Communication with family members or loved ones**
 - **Conversation planner**
 - **Driving Agreements and Contracts**
- **Communication with healthcare professionals and other parties**
 - **Sample Physician Letter to Patient**

CONVERSATION PLANNER: HOW CAN I HAVE GOOD CONVERSATIONS ABOUT NOT DRIVING?



You want your conversations with the person with dementia to be positive, progressive and productive. You can use these points to guide those conversations.

Who should be the messenger? The person who answers yes to these questions may be in the most favorable position. Is it you or someone else? If it's not you, you may need to have a preliminary conversation with the person in the most favorable position to take action.

Is the driver your spouse or your parent?	Yes___	No___
Do you have the person's best interests in mind?	Yes___	No___
Do you know the person's physical and cognitive condition?	Yes___	No___
Do you know the person's driving abilities?	Yes___	No___
Do you have a good relationship with the person?	Yes___	No___

When is a good time to talk? It's never too early to talk about driving issues, but these conversations warrant careful attention, planning and serious discussion. Here are some good opportunities to start a conversation naturally.

- Change in frequency or severity of warning signs

Source

At the Crossroads: Family Conversations about Alzheimer's Disease, Dementia and Driving (2013, The Hartford Centre, United States)



3. Mobility and Community Access

- **Alternatives to driving**
 - **Transportation cost calculator**
 - **Alternative transportation planning worksheets**
 - **Mobility and social activities planning**

4. Crisis Support

- **Dealing with resistance to driving recommendations**
- **“Last resort” strategies to maintain safety**





5. Relationships and Role Transitions

- **Family relationships and driving**
- **Support system for the driver and caregiver**
 - **Support Network Planner**



NOT GOING IT ALONE: WHO CAN OFFER SUPPORT?



Support from others can reduce stress and increase chances for success. Your circle of support can include people inside and outside the family who might provide emotional support, observe driving skills, discuss family concerns with the driver, pay for in-home services, provide alternative transportation, and look for public transportation alternatives.

Here's how you can identify, and possibly expand, your circle of support.

Step 1. On the next page are four circles.

1. In the inner circle, place the name of your loved one.
2. In the second circle, write the names or initials of those people currently providing ongoing assistance to you or your loved one.

Source

At the Crossroads:
Family Conversations
about Alzheimer's
Disease, Dementia and
Driving
(2013, The Hartford
Centre, United States)

6. Identity and Meaning

- **Addressing the importance and meaning of driving**

7. Loss and Grief

- **Communicating about driving losses**



8. *Adjusting and Adapting to Change*

- **Planning for the future**
 - **Driving activities to maintain social and physical benefits worksheet**
- **Support Systems**



Routine Errands

(List activities such as going to the grocery store, the pharmacy, the hairdresser, or the doctor.)

Activity	How You Get There Now	New Ways to Complete Errand

Regular Educational, Social or Religious Events/Activities

(List events that happen at least once a month, such as going to an adult learning center, senior center or attending religious services.)

Source

How to Understand
and Influence Older
Drivers
(2013, US Department
of Transportation and
National Highway
Traffic Safety
Administration, United
States)

- **Dementia Support Services**
- **Information and Resources about Driving Assessment**
- **Alternative Transportation Options**
- **Social Support Services**
- **Mental Health/Crisis Support Services**
- **Dementia and Older Adults Advocacy Groups**
- **Legal Considerations**

- **Implement framework and accompanying toolkit in local settings**
- **Evaluate toolkit – content, experience of delivery, use and early effects**
- **Refine toolkit and approaches to implementation in different contexts**
- **Wider implementation and evaluation of outcomes**

Questions?