

# Managing Safety for Older Drivers:

## Resource Awareness

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# My thanks to

- Elin Schold Davis, OTR/L, CDRS, American Occupational Therapy Association who allowed some of her materials to be used in this presentation.



# Nationally - older drivers

- By 2030 1 in 4 drivers 65+
- We are expected to live longer, and are likely to outlive our safe driving capability
  - WOMEN by 10 years
  - MEN by 7 years
- Could you “age in place”, in your home, maintain your desired lifestyle and involvement in your community and not drive?



# In spite of healthier seniors and safer cars, seniors still have greater risk of injury



*Seniors sustain injuries more easily (fragility) and less able to recover from their injuries (frailty)*

At crash speeds of 31 mph risk of serious injury increases dramatically. “A 50-year-old female has about a 10% risk of serious injury in a frontal crash, but an 80 year old female has about a 40% risk.”

[www.ircobi.ptg/downloads/irc12/pdf\\_files/14.pdf](http://www.ircobi.ptg/downloads/irc12/pdf_files/14.pdf)

2013 DOT HS 811 864 [www.NHTSA.gov](http://www.NHTSA.gov)



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# Research shows importance of driving

- Loss of community mobility can lead to depression, low life satisfaction, health problems, isolation, & loneliness.
- Driving represents the ability to maintain connections and contribute to the community.



# Resources for Medical and Allied Health Providers



# Doctor's role

- Research shows that involving doctor increases adherence to driving cessation
- Get a MD consult to rule out issues of medication, neurologic, depression, or nutritional imbalances before acting on driving issues
- MD may not wish to take this role, “I don’t see him/her drive”, “It’s the family’s job”, “It will ruin my rapport”

# Resources from AMA and NHTSA

- ***Physician's Guide to Assessing and Counseling Older Drivers***
  - Available free
  - <http://geriatricscareonline.org/ProductAbstract/physicians-guide-to-assessing-and-counseling-older-drivers/B013>





# Resources from NHTSA

- **Driver Fitness Medical Guidelines (Sept. 2009)**
  - From NHTSA.gov or [http://core.ecu.edu/umc/ROADI/Driver\\_Fitness.html](http://core.ecu.edu/umc/ROADI/Driver_Fitness.html)
- **Medical Conditions and Driving: A Review of the Literature 1960-2000**
  - [http://www.nhtsa.gov/people/injury/research/Medical\\_Condition\\_Driving/pages/Apdx-Acknow.htm](http://www.nhtsa.gov/people/injury/research/Medical_Condition_Driving/pages/Apdx-Acknow.htm)



# Resources for driver, family, and community



# Web sites

AAA-Senior Drivers     <http://seniordriving.aaa.com/>

AARP-Driver Safety info, online course at  
[http://www.aarp.org/home-garden/transportation/info-05-2010/Warning\\_Signs\\_Stopping.html](http://www.aarp.org/home-garden/transportation/info-05-2010/Warning_Signs_Stopping.html)

National Highway Transportation & Safety Administration  
(NHTSA) Older Road Users  
<http://www.nhtsa.gov/Senior-Drivers>

The Hartford Center for Mature Market Excellence  
<http://www.thehartford.com/mature-market-excellence/family-conversations-with-older-drivers>

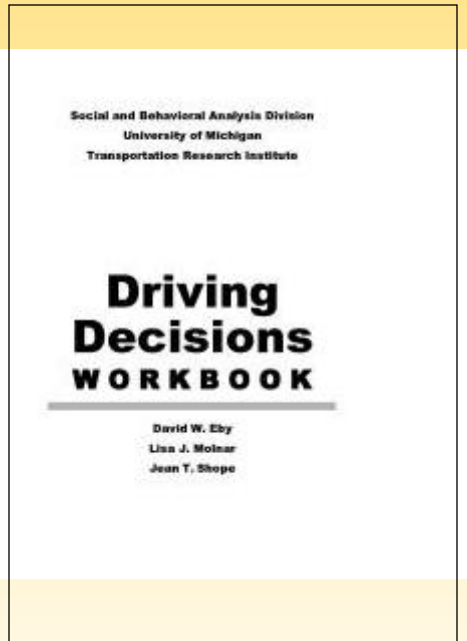
*Many more and growing!*



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# Education and Self Screens

offered by researchers, AARP, AAA, AMA and others



University of Michigan



AAA



Fitness to Drive  
Screening Measure



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# CarFit

- Addresses preventable injury
- Nothing to do with taking away keys: **Safe, positive, anonymous, free**
- Drive through, 1:1 education on vehicle to person fit
- Informs how safety features adjust and work; chance to try simple adapted equipment
- **www.Car-Fit.org**

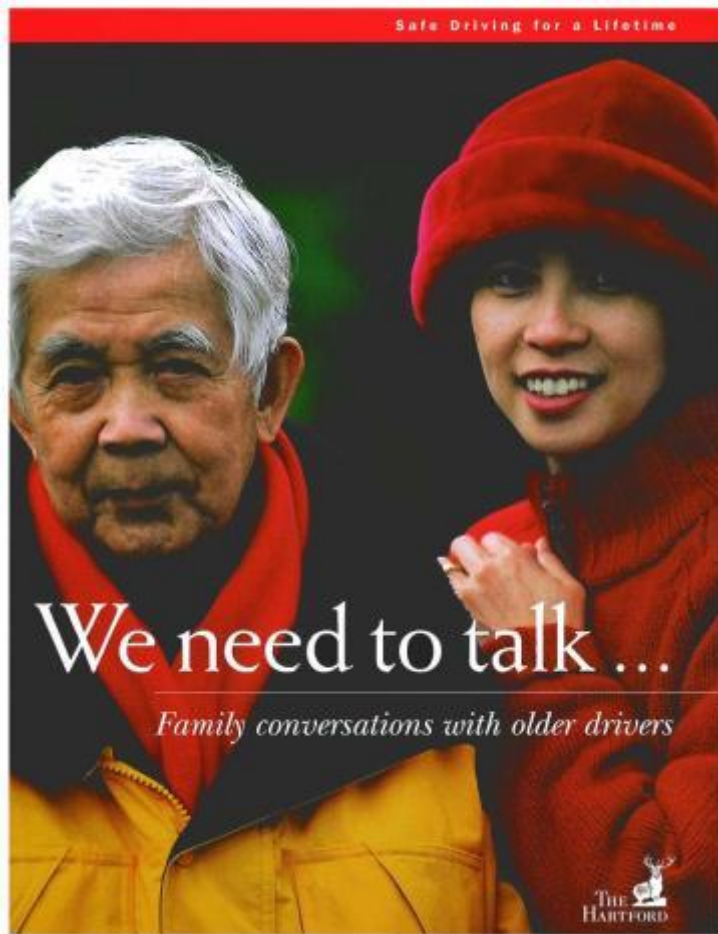


# CarFit: Current MN events/trainings

- June 17<sup>th</sup> 10am - 2pm at 2600 Kenzie Terrace, St. Anthony
- September 15<sup>th</sup> 9am-4pm in Red Wing – specifics not yet posted
- **More are likely later in season:**  
<http://www.car-fit.org/carfit/RegisterCarFit/MN>



# We need to talk



- Workbook (free, in quantity)
- For well-elderly
- Covers:
  - Preparing for the conversation
  - Having the conversation
  - Help beyond the conversation
- **[www.thehartford.com/talkwitholderdrivers](http://www.thehartford.com/talkwitholderdrivers)**



# Helpful worksheets

- Help gather data on:
  - Warning signs for older drivers
  - Options to get there (family/friends, local programs, dial-a-ride or paratransit, private programs, taxi/car service, mass transit)
  - Transportation cost





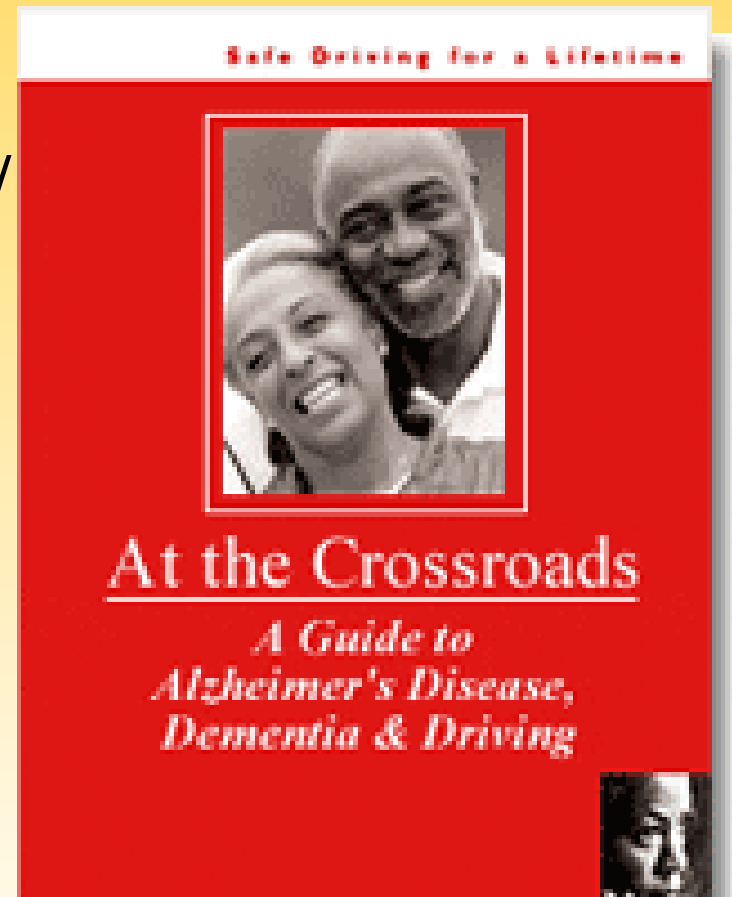
# Free online seminar

- [http://www.aarp.org/home-garden/transportation/we\\_needed\\_to\\_talk/](http://www.aarp.org/home-garden/transportation/we_needed_to_talk/)

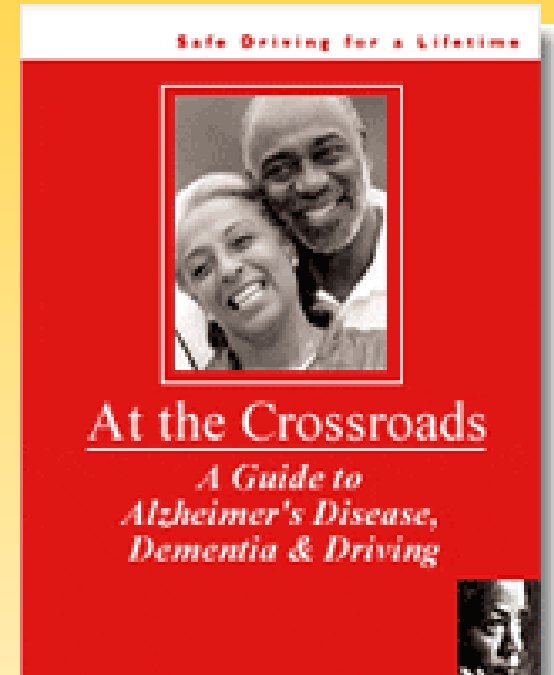


# At the Crossroads (Dementia and Driving)

- Workbook (free, in quantity)
- Guide for caregiver education/  
family preparation
- Geared toward community  
training
- Strategies to start  
conversation and if refusal to  
stop is the concern



- In addition to the ones in *We Need to Talk*, ATC has worksheets on:
  - Conversation Planner
  - Who can offer support
  - Agreement with my Family about driving



<http://www.thehartford.com/mature-market-excellence/publications-on-aging>

**FREE download of toolkit**



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# Resources to find a driving rehabilitation specialist

- American Occupational Therapy Association

[http://myaota.aota.org/driver\\_search/index.aspx/index.aspx](http://myaota.aota.org/driver_search/index.aspx/index.aspx)

- Select by state, specifically for over 65, type of services (clinical vs. on road assessment/training), alternative transport training offered (MN=22)



- **Association of Driver Rehabilitation Specialists (ADED)**
  - <http://aded.site-ym.com/search/custom.asp?id=2046>
  - Search by Country and State for Certified Driving Rehab. Specialist

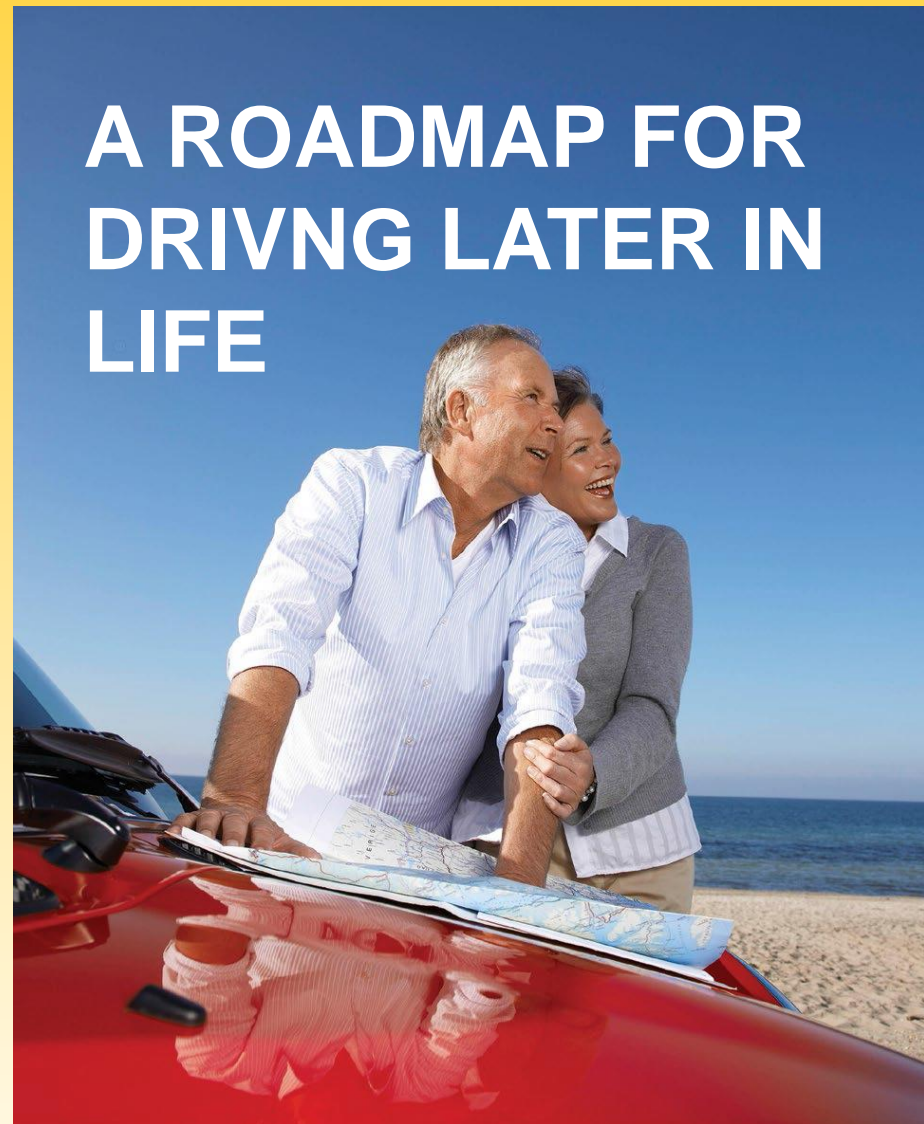


AAA, Mobility for  
Minnesota's Aging  
Population (MMAAP) & the  
Depart. of Public Safety  
Office of Traffic Safety

Co-sponsored insert in the  
July issue of *Twin Cities  
Business Magazine*, Limited  
hard copies email :  
[MMAAPCollaborative@gmail.](mailto:MMAAPCollaborative@gmail.com)

Or download at:

[http://www.minnesotatzd.org/w  
hatistzd/mntzd/partners/mmap  
/documents/driving\\_later.pdf](http://www.minnesotatzd.org/whatistzd/mntzd/partners/mmap/documents/driving_later.pdf)



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# Resources for law enforcement



# Driver Orientation Screen for Cognitive Impairment (DOSCI)

- Created by TREDs -Training, Research and Education for Driving Safety (TREDs) group at the University of California
- Aids identification of cognitive impairment at traffic stops
- Validated at the UC San Diego Alzheimer's Disease Research Center
- Done after officer rules out urgent medical conditions or DUI





# DOSCI

- |   |                   |
|---|-------------------|
| 1. What is your date of birth<br>(Month,day,year per docs)  | -1 pt (any error) |
| 2. What is your full home address<br>(matches docs)   | -1 (any error)    |
| 3. What state are we in now   | -1                |
| 4. What city/town are we in now   | -1                |
| 5. Without looking at your watch, can you<br>estimate what time it is now? (within 1<br>hour of correct time) | -1                |
| 6. What day of the week is it?  | -1                |
| 7. What is todays date (Month, day. year)   | -1,-1,-1          |



# DOSCI scoring

- **5 or more incorrect** → unsafe to drive ;  
alternative transportation & vehicle removal
- **3-4 incorrect** → potentially unsafe to drive;  
consider totality of circumstances
- **0-2 incorrect** → No referral no immediate  
traffic safety threat

Except for 5+ - all judged on ***totality of situation***, i.e., was violation reported or observed; person confused/disorientated?



# **POST–certified (Peace Officer Standards and Training) training, Law Enforcement's Role in Older Driver Safety**

- 2 hr training, “Law Enforcement’s Role in Older Driver Safety,” is POST-certified for two hours CPT credit, delivered by team of health and law enforcement professionals.
- A 30-minute version of the training, intended for briefings, is presented by an experienced law enforcement officer.
- Contact - **Jana Jahns, M.Ed.**

Voice: 858.534.9330 [mjahns@ucsd.edu](mailto:mjahns@ucsd.edu)  
or [treds.ucsd.edu](http://treds.ucsd.edu)



# DOSCI Update

- TREDs is developing a video version of the 30-minute briefing and an online video instruction for the DOSCI
- Anticipate both available for Law Enforcement at end of summer



# Facilitating judge's work with senior drivers

- AOTA and NHTSA project
- Info sheet - Explains occupational therapy role in assessment and intervention to improve independence
  - <https://www.aota.org/-/media/Corporate/Files/Practice/Aging/Driving/Brochures-and-Fact-Sheets/facilitatingjudgment.pdf>



# ***Common medical diagnoses that affect older drivers, by E.B. Stern***

- Diagnoses→
- Examples of symptoms →
- Associated potential driving problems

Experience, Winter 2008 p 17-19



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