

Driving with Parkinson's

Staying Safe, Staying Independent



About your Presenter

Lisa Pirraglia, OTR/L

Outpatient Neurological Occupational Therapist
Medical Center of the Rockies

- 17+ years in neurological rehabilitation
- PWR! Moves Certified (Parkinson's-specific therapy)
- Experience with Parkinson's, stroke, brain injury, and other neurologic conditions
- Provides in-clinic driving assessments
- Passionate about helping people stay independent and engaged



Why This Matters

Driving is an Instrumental Activity of Daily Living (IADL)

01

Driving =
independence

02

Driving =
connection

03

Driving =
everyday life

Our Goal Today



Stay safe



Stay independent as long as possible



Learn what to expect regarding this sensitive subject

Parkinson's and Driving



Changes happen over time

Everyone is different

Many people drive safely for years

Driving Takes Many Skills



Thinking and attention



Vision



Movement and reaction

Cognitive and Visual Changes Possible

Multitasking
becomes
harder

Slower
processing
& reactions

Difficulty
judging
distance

Increased
distraction

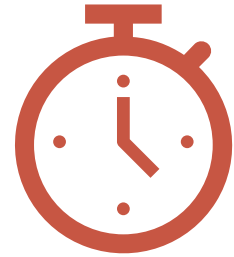
Medication and Driving



Good times and off
times



Fatigue



Timing matters

What does research say?

People with Parkinson's may:

- Miss signs or signals
- Have slower responses
- Show more lane variability



When to Pay Attention



Near misses

Getting lost

Slower response time

Family concerns expressed

What is a Driving Evaluation

Diagnosis ≠
stop driving

Done by
occupational
therapy

Looks at
current skill
levels

Helps guide
decisions

Types of Driving evaluations:

In-clinic or Behind the Wheel Assessments

Tip: If in-clinic driving assessment completed > cuts cost of on-road assessment with a condense evaluation



In-clinic driving assessment

Completed within OT Outpatient Visits and
able to use insurance to cover these
Plan for 3 visits to complete



On-road driving assessment

Completed by an OT Certified in Driving
(CDRS) & not covered by insurance

What Happens during an In-clinic Driving Evaluation

- In-clinic screening of skills required for driving:
 - Vision
 - Visual Perception
 - Thinking skills
 - Reaction Time
 - Control of hands and feet
 - Knowledge of Rules of the Road

What comes from the results of an In-clinic Assessment?



1. Scores normal and above=
Informs you, family and doctor to
supports informed decision making
& provide baseline

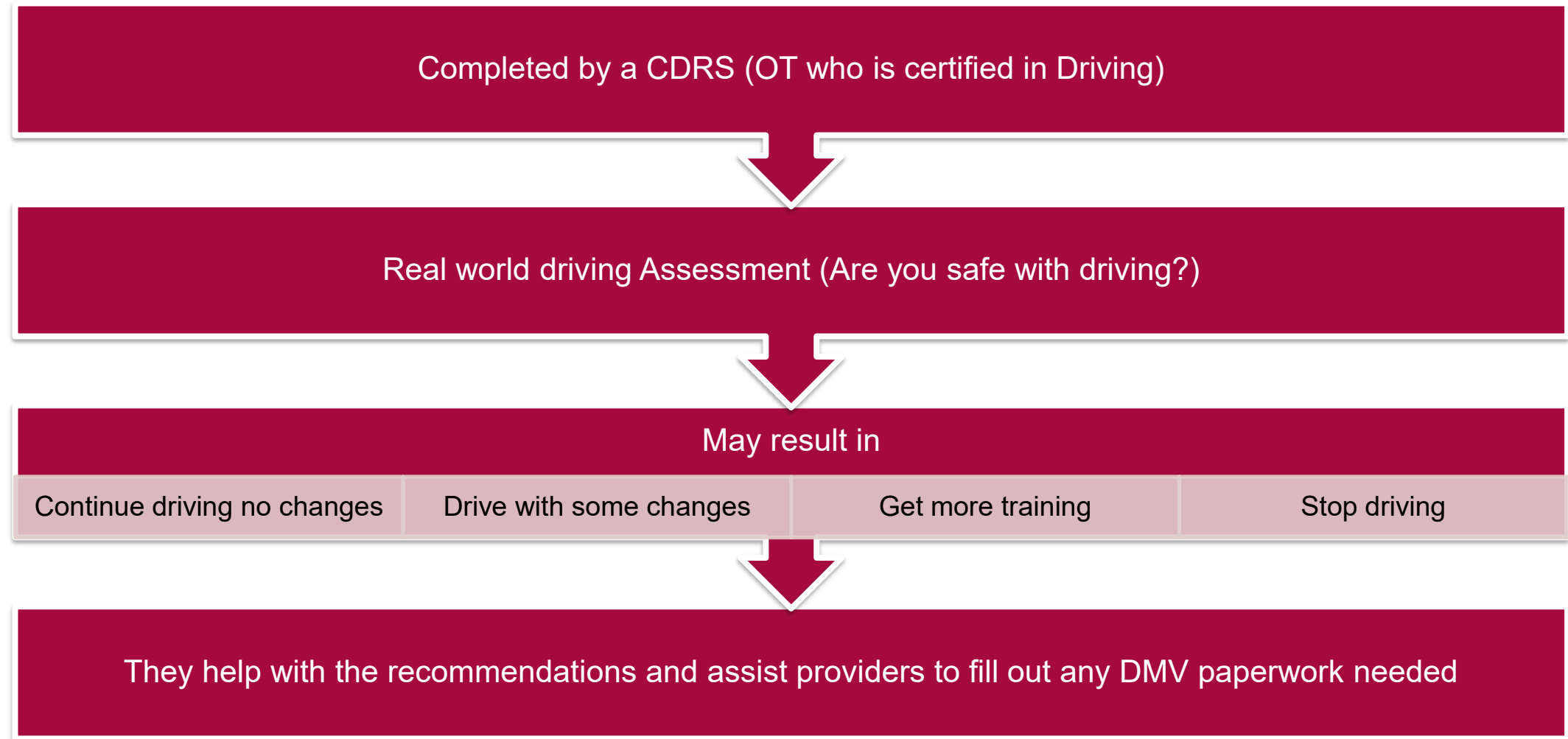
2. Scores Below the Norms =
May lead to on-road assessment if
recommended by your Provider

Clinics that do the In-clinic driving assessments

1. Medical Center of the Rockies

2 .Prospect Rehabilitation

On-road Assessment



Colorado Process with DMV

If the DMV receives concerns about driving safety

01

Safety concerns can be reported by anyone through a DMV form DR 2536

- DMV determines if reasonable concern and may request
 - Vision Test, Written Test or Driving Test

02

DMV reviews triggers

- failed vision screen or observation of impairment during in-person visit

03

DR 2401 requested and has to be filled out by your provider

- MD, DO, PA, Eye Specialist

Protecting yourself and others



Protecting **your safety**



Protecting **others on the road**



Protecting **your independence**



Protecting **your legal and financial well-being**

Why This Is Hard



Loss of independence

Big life change

Emotional topic

Key Takeaway:

We can plan together



Driving is ONE Option



Safe mobility matters most



Other Ways to Get Around

Family or Friends

Ride services

- Medicaid transportation
- COLT, FLEX, TRANSFORT
 - Paratransit options

Community programs

- SAINT, RAFT, 60+Ride, BATS
- RideNoCo = resource to consider to look into

Questions

Does anyone need clarity on any items discussed today?

Helpful Resources for You

Parkinson's and Driving

- Parkinson's Foundation – Driving and Parkinson's
- National Highway Traffic Safety Administration – DriveWell: Driving with Parkinson's

Driving Safety and Evaluations

- American Occupational Therapy Association – Driving and Community Mobility
- Stanford Medicine – Driving and Parkinson's Education
- The Hartford Driving- Online guidebooks on driving and Education

Transportation and Staying Independent

- Eldercare Locator (connects you to local services)
- National Aging and Disability Transportation Center
- HealthinAging.org- alternative transportation options

Resources and References

Parkinson's and Driving (Patient and Clinical Resources)

- American Parkinson Disease Association (APDA). Driving and Parkinson's Disease Presentation
- Parkinson's Foundation. Driving and Parkinson's
- National Highway Traffic Safety Administration (NHTSA). DriveWell: Driving When You Have Parkinson's Disease

Occupational Therapy and Driving Rehabilitation

- American Occupational Therapy Association (AOTA). Driving and Community Mobility Resources
- Association for Driver Rehabilitation Specialists (ADED). OT Driving Readiness and Evaluation Tools

Driving Evaluation and Clinical Practice Examples

- Stanford Medicine. Driving with Parkinson's (Occupational Therapy Presentation)
- Stanford Medicine. Driving Evaluation Education Materials

Research Evidence

- Crizzle AM, Classen S, Uc EY. Parkinson disease and driving: an evidence-based review. *Neurology*. 2012 Nov 13;79(20):2067-74. doi: 10.1212/WNL.0b013e3182749e95. PMID: 23150533; PMCID: PMC3511919.
- Devos H, Vandenberghe W, Nieuwboer A, Tant M, Baten G, De Weerd W. Predictors of fitness to drive in people with Parkinson disease. *Neurology*. 2007 Oct 2;69(14):1434-41. doi: 10.1212/01.wnl.0000277640.58685.fc. PMID: 17909156.
- Jacobs M, Hart EP, Roos RAC. Driving with a neurodegenerative disorder: an overview of the current literature. *J Neurol*. 2017 Aug;264(8):1678-1696. doi: 10.1007/s00415-017-8489-9. Epub 2017 Apr 19. PMID: 28424901; PMCID: PMC5533843.
- Thompson T, Poulter D, Miles C, Solmi M, Veronese N, Carvalho AF, Stubbs B, Uc EY. Driving impairment and crash risk in Parkinson disease: A systematic review and meta-analysis. *Neurology*. 2018 Sep 4;91(10):e906-e916. doi: 10.1212/WNL.00000000000006132. Epub 2018 Aug 3. PMID: 30076275.
- Uc EY, Rizzo M, O'Shea AMJ, Anderson SW, Dawson JD. Longitudinal decline of driving safety in Parkinson disease. *Neurology*. 2017 Nov 7;89(19):1951-1958. doi: 10.1212/WNL.0000000000004629. Epub 2017 Oct 11. PMID: 29021353; PMCID: PMC5679414.