DRIVING POST STROKE

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DRIVER ASSESSMENT AND REHABILITATION at BURWOOD

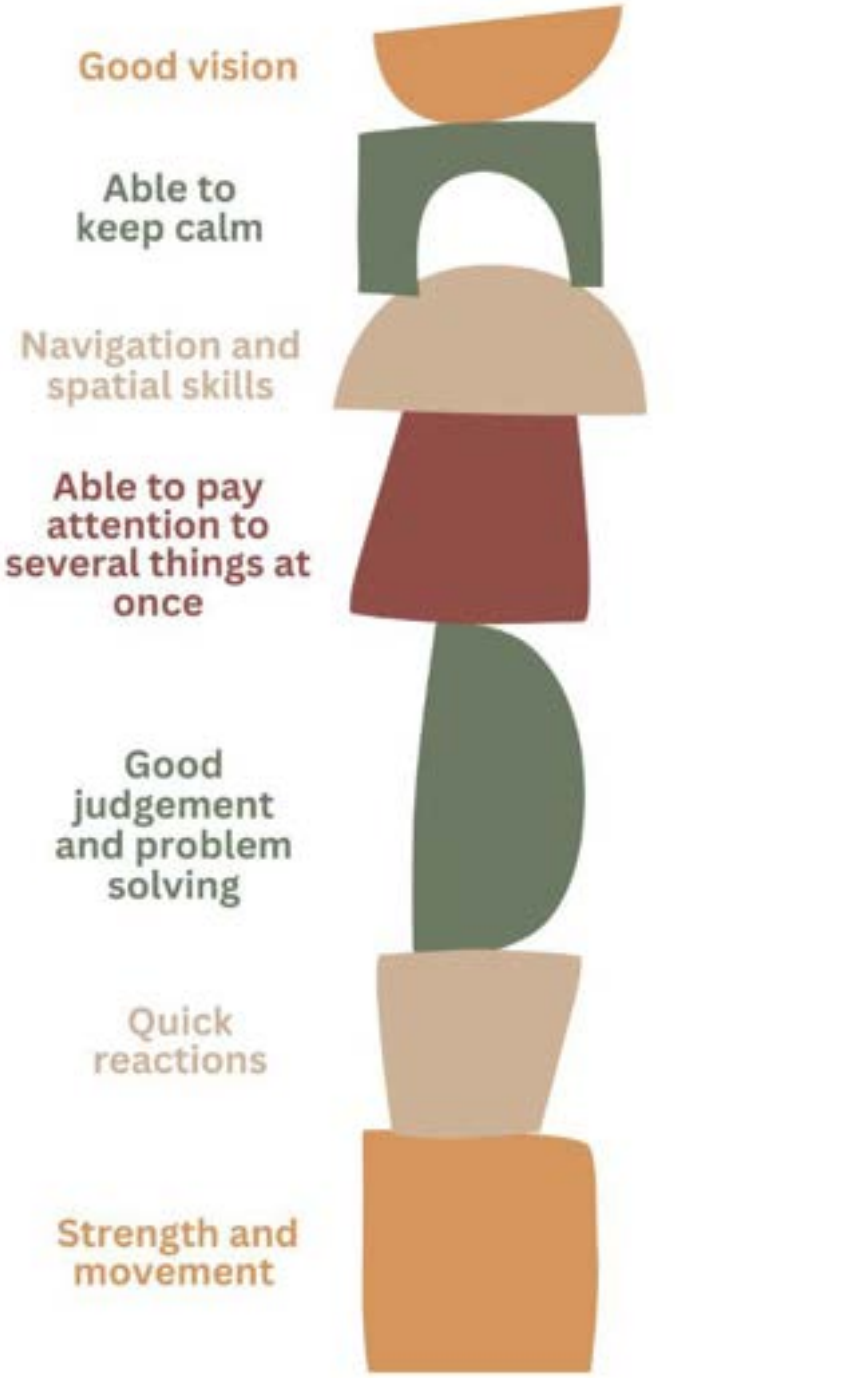
- 1.6 FTE
- Approximately 400 assessments per year
- About 20% are recovering from a stroke, about 80% on our re-assessment list are recovering from stroke
- No longer do ACC, Lottery or Enable work
- This is to focus on the clients that would otherwise be without funding

THOSE WITH STROKE THAT WE SEE

- Usually have physical changes post stroke
- May have speech language difficulties
- Higher level attentional and processing difficulties
- Visual field loss or inattention concerns

IT'S OFTEN A LONG PROCESS

- Clinic appointment – Vision, physical screen, intersection - basic road rules, Mazes short version, cognitive screening – clock, short trial making and copy tasks, DriveSafe and CANDAT
- Modifications
  - *the first drive is an introduction and may need more than one visit*
  - *followed by Driver Rehabilitatin with the Driving Instructor*
  - *re-assessment with the Occupational Therapist*
- On-road assessment – Driving Instructor and Occupational Therapist present, up to 45-50 minutes.
  - *Decision making, processing speed, noticing and reacting, scanning, judging space and position*



Driving

- Independence
- Inclusion
- Identify
- Isolation
- Impact on finances and relationships

EVERYONE HAS A ROLE TO PLAY

- Doctors – Social Workers – Physiotherapist – Occupational Therapists – Nurses – Health Care Assistants – Psychologists
- Need to ask about driving in same way ask about cooking, showering, work, pet care, access to the house
- Provide written information
- Acknowledge the impact
- Offer alternatives
- Prepare for the conversation – Grief including anger, denial and disbelief

LIFE CAN BE MEANINGFUL WITHOUT DRIVING

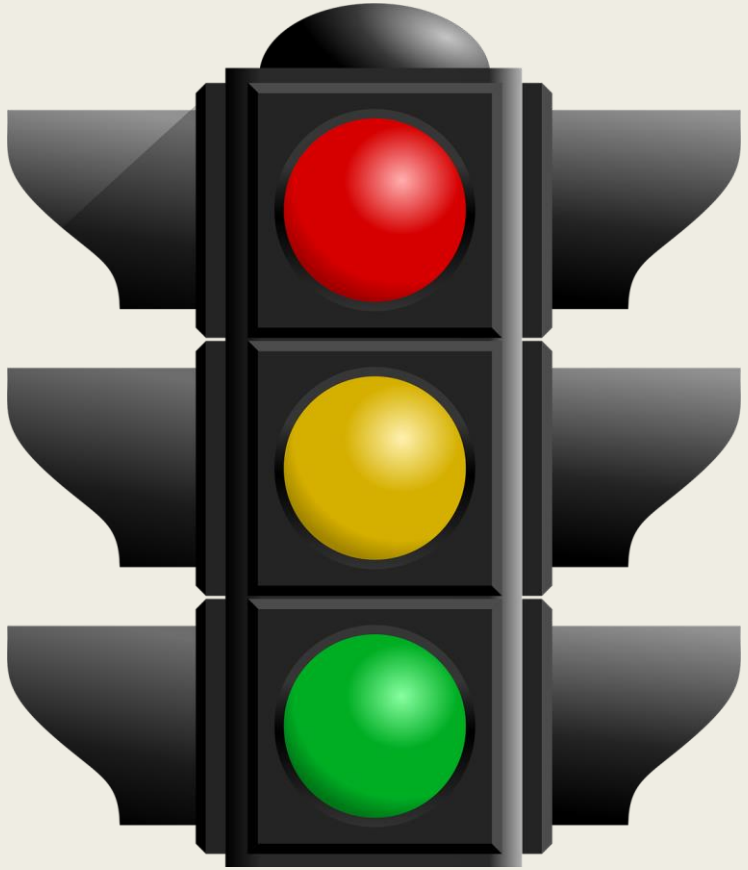
- Driving is one method of accessing the community
- Family, friends, buses, Total Mobility for reduced price taxi, bikes, mobility scooters, walking
- Community organisations include St Johns Health Shuttle, Oxford Trust, Prebyterian Support Rangiora

VISUAL FIELDS

- Legally requires 140 degrees horizontal field and no significant pathological field defect within 20 degress fixation
- Any visual field loss can impact driving even if they meet the legal limit
- Understanding and insight
- Decreased cognition and pre-exiting conditions can make it harder to compensate
- Below legal limit – request to NZTA Medical Team first
- Can train to increase scanning with some people but what is missing is the trigger to look there.

DRIVER RISK SCREENING

- OT- Drive article and approach
- GRID – Generalist Resource to Integrate Driving – Dr Anne Dickerson
- Hospital is low demand, home is more demanding but both not as demanding as driving
- Where do they normally drive and what vehicles
- Don’t refer people that are clearly fit or unfit to drive.



SCREENING IN THE COMMUNITY

- Physical
  - *accelerator and brake*
  - *steering*
  - *indication*
- Visual
  - *consider the Sarah Mather course*
  - *need to use optometrist/ophthalmologist*
- Cognitive/perceptual/memory etc
- Observations and feedback from others – family, receptionist at GP practice or hospital

SCREENING TESTS

- Already have lots of resources
- OT-DORA
- Oxford Cogntive Scale
- Snellgrove maze
- COTNAB
- MOCA and MOCA Basic
- Copy tasks, infinity loops
- Cancellation tasks – Bells, double letter cancellation, stars

REHAB IN THE COMMUNITY

- Luminosity, HappyNeuron
- Drive.govt.nz – resource kits and on-line Free
- Drive Focus 2.0 - one off cost
- E-Drive initial cost
- NZTA Publications – Driving as a senior

REHAB IN THE COMMUNITY

- Sustained and divided attention, scanning, problem solving, visual perception
  - *Rummikub*
  - *Set*
  - *Sequence*
  - *Word finds*





REHAB IN THE COMMUNITY

- Movement and responding to moving objects
- Access the vehicle
- Loading equipment



REHAB IN THE COMMUNITY

- Shopping and changing the supermarket
- Change the location of items in the kitchen draws
- Increase scanning and attention to the affected side – family, friends, coffee on the side
- Weeding/gardening

REHAB IN THE COMMUNITY

- Travelling as a passenger – spend a few minutes of each trip focusing on a specific aspect of driving
  - *Look for signs*
  - *Road markings – solid lines, dashes, turning bays, cycle lanes, turning arrows painted on the road*
  - *Looking for hazards – reversing cars, bikes, e-scooters, people entering/exiting vehicles*



LIMITED LICENCES

- Drivers need to be capable of managing usual driving demands – intersections, giving way to pedestrians as required in their local area.
- Driver must be able to remember and understand limitations.
- Still need the ability to respond appropriately and in a timely manner to unexpected occurrences such as roadworks or detours that require problem solving.
- Need to make sense and be enforceable.

FUNDING

- No funding in your area? Start planning for any potential cost
- Check who covers your area and if there is funding – eg Timaru
- Lottery – if the person needs a vehicle or vehicle and modifications a Transport Occupational Therapist is funded by Lottery Grant
- Enable – assessment to see if they need modifications and what they need and coordination of modifications.
  - *Working or studying full time/to the maximum of their capacity*
  - *Primary carer of a child under 14*
- MSD – maximise disability allowance for fixed number of weeks, training grants, advances that need to be paid back.

EXPIRED LICENCE

- Don’t renew licence for ID – to renew licence need to declare medical conditon and often need a medical certificate
- Use KiwiAccess card for ID

WAITING TO RECOVER

- Don’t practice with family, friends or Driving Instructors
- Advise NZTA Medical Team if driving against advise
- People will check with police, AA and NZTA and if they are told licence is current they will drive

WHAT TO DO NEXT?

- Transport Occupational Therapists in your area
- Who are your local transports supports?
- Total Mobility Card
- KiwiAccess Card
- What are the screening tools available in your service?
- Consider Therapeutic Solutions vision course
- Review Medical Aspects of Fitness to Drive and vehicle classes