Limitless Driving Solutions

Safe Driving Isn’t Assumed—It’s Assessed

SKC November 2026

Welcome!

- Limitless Driving Solutions
- What is a "Comprehensive Driving Evaluation?"
- We'll talk about why it's important, what information it gives & how to get one.

Why Driving is More Than A to B

Driving = independence, identity, connection

Most adults ***outlive*** their safe driving ability by **7-10 years**

What is the big deal about driving safety?

- High cognitive, visual, physical, and motor demands—all at once
- Public safety risk—driving affects everyone on the road
- Greater vulnerability—older adults are more likely to sustain serious injury in a crash



Who is at greatest risk of not being fit to drive?

- Age 70+
- Male
- History of falls
- Cognitive changes
- Vision decline

How Aging Affects Driving

- Motor symptoms
  - Reaction time
- Vision changes
  - Acuity
  - Contrast sensitivity
- Cognitive changes
  - Processing speed



Common Health Challenges That Impact Driving Skills

Normal Aging + Disease



Sensory →	Cognition →	Physical →	Medications	Other →
VIsion	Memory	Strength / ROM	Window of effectiveness	Pain
Hearing	Judgment	Reaction Time	Side effects	Fatigue
Touch	Attention	Coordination	Proper dosage	Emotions
Sense of space and speed	Task-switching	Posture	Drug interactions	Substance Abuse

Are your driving skills still safe?

- Self Assessment
- Passengers
- Physician
- CDE

What Is a Comprehensive Driving Evaluation (CDE)?

Definition

A **Driver Rehab Specialist assessment** of the skills needed for safe driving

c**linical testing + real-world driving**

Comprehensive

Looks at how **vision, movement, cognition, medications, and disease progression** interact

***why* challenges, not just pass/fail**

vs. Road Test

Pass / Fail

No clear recommendations or options

What Is Needed to Get a Driver Evaluation?

Physician order

- Primary Care Neurologist Specialists
- Referral form

License & Forms

- Valid Driver's License
- Intake forms and consents

Payment & Time

- Not covered by insurance
- 4 hours

Results

- Report to Physician
- Follow up Planning

Possible outcomes of evaluation

- Fit to Drive
- Restrictions
- Hold
- Retirement

Which restrictions can help?

- Speed
- Proximity
- Time of day

Equipment:

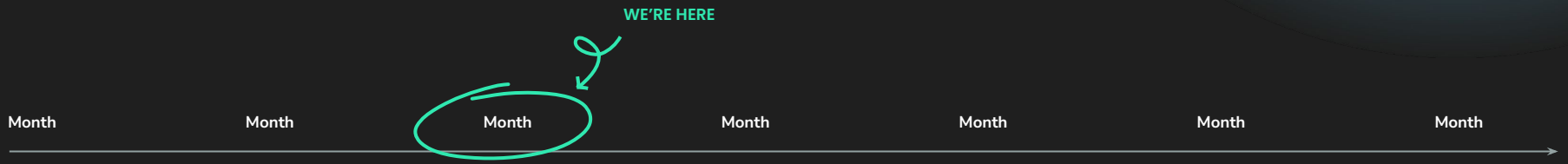
- Mirrors
- Transfer aids
- Safety Belt
- Hand controls



Driving retirement doesn't have to be scary

Occupational therapists can help make it a supported decision, for all, before a crisis.

Making a Retirement Plan



Make a driver planning agreement

List preferences and plans

Lists how you want the plan implemented when the time comes (not legally binding)

Identify trusted individuals

Serves as a reminder to loved ones that they agreed to the plan

Get familiar with alternative transportation early

Start practicing using other forms of transportation

Does the person need assistance or support?

YES:

- Is primary caregiver needed?
- Who else can accompany them as respite?
- Senior programs (county, hospital)
- Gogograndparent plans

NO:

- Rideshare apps (Uber, Lyft)
- Public transportation

Make a weekly schedule

List of priorities

- Which activities need caregiver's attendance?
- Which can be eliminated or items delivered?
- Which provide social and leisure time?

Get professional help

Allow healthcare professionals to decide.

- PCPs
- Eye Doctors
- OT / DRS
- DMV

Why Limitless Driving Solutions?

- Mobile
- Individualized
- Holistic
- Aging in place specialist

Next steps

Start the discussion

Normalize the idea

Assess Your Skills

AAA Senior Driver Self-Rating Tool
Get a referral for an Comprehensive Driving Evaluation

Plan for Retirement

Write up a Safe Driver Agreement

Thank you!

Limitless Driving Solutions

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