

Limitless Living Solutions

Shifting Gears: Helping Older Adults Navigate Driving Retirement

SandwichedKC

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Welcome!

- Limitless Living Solutions
- What is "Driving Retirement?"
- We'll talk about why it's important, how it affects families, and how OT can help.



Why Driving is More Than A to B

Losing the keys is more than losing transportation

Driving = independence, identity, connection

Most adults outlive their driving ability by 7-10 years

Why plan ahead?



To determine skills

With aging typically comes changes in vision, reaction time, strength, hearing, and memory

Disease further changes skills

To prevent crisis

Crashes involving older adults are rising

Greater risk of death and injury

To allow for self-direction

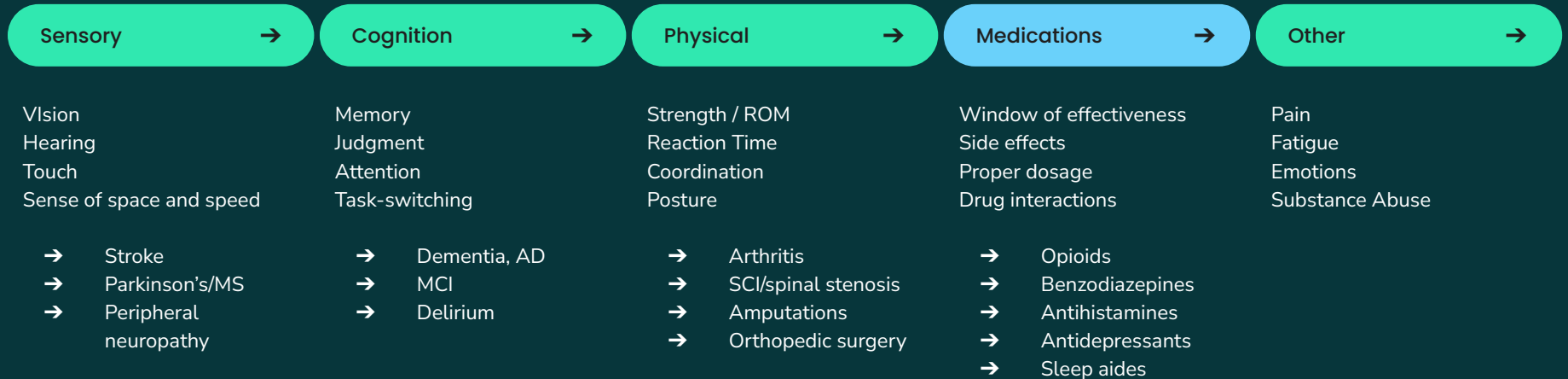
Keeps control with the individual

Gives peace of mind for caregivers

Skills assessment allows for informed decision making

Common Health Challenges That Impact Driving Skills

Normal Aging
+
Disease



Risks of Avoiding the Conversation

- Accidents or legal trouble
- Rushed decisions after a crisis
- Caregivers become “bad guys”



How Occupational Therapists Can Help

Assess Skills

Assess vision, thinking, strength, coordination, and behaviors

Seeking a professional takes pressure off of family

Goals

- Find out client goals, preferences
- Look at whole person
 - Obligations
 - Socialization
 - Fun

Rehabilitate or Adapt

Create a realistic plan

Recommend adaptive strategies and tools

Work on transfers

Goals

- Reduced caregiver burden
- Caregiver training
- Skills training where possible
- Set up schedules and routines

Referrals

Recommend a Driver Rehab Specialist, if appropriate

Refer to community supports

Goals

- Reduced caregiver burden
- Resource utilization
 - County programs
 - Hospital shuttles
 - Volunteers

Alternative Transportation

Help find safe ways to stay active and mobile

Goals

- Reduced caregiver burden
- Educate on fee-based alternatives:
 - Rideshare apps
 - Delivery options
 - Public transportation

Professional Driving Evaluations

Clinical Driving Assessment

- Driving Rehabilitation Specialist**
Rehabilitation clinic
- Not covered by insurance**
Out-of-pocket
- 3-4 hours**
\$300-600
Waiting lists

- Ability KC**
KCMO
- KU Medical Center**
KCKS
- Avenues Driving Program**
OPKS

Local DRS programs

Driving Risk Assessment

- OT generalist**
Outpatient clinic, in-home
- Covered by insurance**
Medicare B, private insurance
- 1-2 hours**
\$100-200

- Doctor's Referral**
PCP, neuro, ortho, eye
Follow-up
- Options after risk assessment**
 - Green light
 - Interventions to delay retirement
 - Refer to DRS
 - Recommend Driving Cessation

Results

Caregiver tips from the professionals

It's about everyone's safety, not just your loved one's

Lead with love—not control

Plan ahead—offer solutions

Strategies for tough cases

→ Risk to self

→ Collaborative, guiding, respectful

→ Goal-oriented

→ Report to your state DOR

→ Use “I” statements, examples of unsafe behaviors observed

→ Bring in trusted voices

→ Always have a plan for alternative transportation

→ Removing car & keys
→ Disabling car

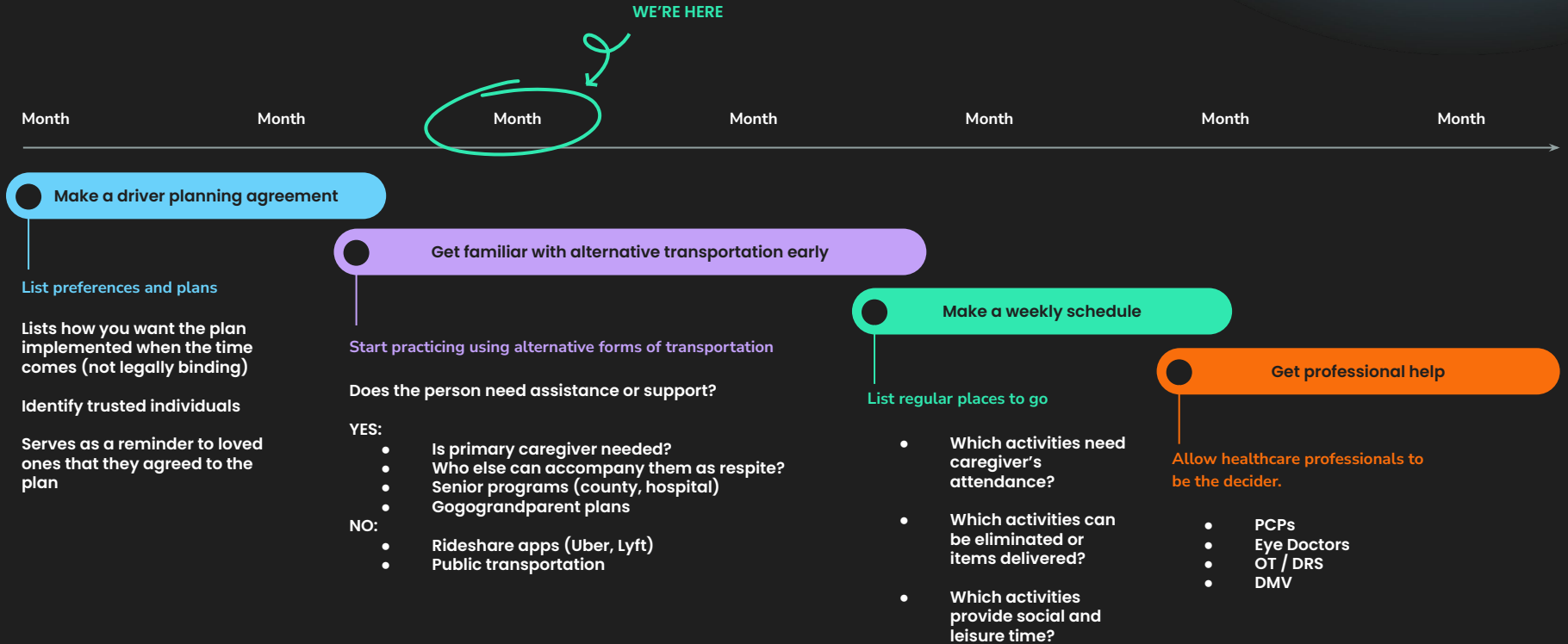
→ Risks to passengers, pedestrians, other drivers

→ OARS/ Motivational interviewing

→ Delivery services

→ If dementia, use simple answers that honor their reality - e.g. car in shop

Making a Retirement Plan






Driving retirement doesn't have to be scary

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

Caregivers can empower themselves by:

- Asking questions and bringing concerns early
- Encouraging other types of transportation
- Partnering with professionals (doctors, OTs)
- Removing access to the car gently, when needed
- Replace not just errands, but fun/meaningful outings too

Next steps



Start the discussion

Normalize the idea
Discuss the individual's goals and preferences
We Need to Talk - The Hartford

Assess Skills

AAA Senior Driver Self-Rating Tool
Get a referral for an OT Driving Risk Assessment

Plan for Retirement

Write up a Driver Planning Agreement
Identify alternative transportation options



Thank you!

Reach out anytime!

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