



Information for People Living with Dementia - 04

## ABOUT YOU... DRIVING

**If you have been diagnosed with dementia, this Help Sheet may be useful. It provides important information about driving and dementia.**

Driving is a highly complex task that involves interaction between the brain, eyes and muscles. Dementia can affect driving ability in many ways, including:

- Finding your way around.
- Remembering which way to turn.
- Judging the distance from other cars and objects.
- Judging the speed of other cars.
- Reaction time.
- Hand-eye coordination.

### Should I continue driving now?

A diagnosis of dementia doesn't necessarily mean that you need to stop driving straight away, however you will need to stop driving at some point.

**You are required by law to tell your local Department of Motor Vehicles of any medical condition that might affect your ability to drive safely. Dementia is one of the medical conditions that needs to be disclosed because it affects driving ability.**

The Department of Motor Vehicles will ask you to see a doctor who will assess your medical fitness. After this, you may need a formal driving assessment. Based on the results of these assessments, the Department of Motor Vehicles will decide if you can continue to drive.

If the Department of Motor Vehicles decides that you can continue to drive you will be issued with a conditional license. Conditional licenses are valid for a maximum of 12 months, after which time you will be reassessed.

Sometimes restrictions may also be placed on your license. These restrictions might be that you can only drive close to home, or at certain times or below certain speed limits.

If you do not notify your Department of Motor Vehicles of your diagnosis, or if you continue to drive after your license has been cancelled or suspended, there can be serious consequences. If you are in a crash you could be charged with driving offences or be sued. Your insurance company may not provide cover.

Changes in your ability to drive may mean that you need to get a driving assessment, or in some cases stop driving immediately. The following checklist may help you notice whether any changes are taking place.

### When driving do you:

- Need direction?
- Become lost in familiar areas?
- Confuse left and right?
- Make slower decisions at traffic lights, intersections or when changing lanes?
- Have difficulty interpreting traffic signs?
- Drive more slowly?
- Take longer to react?
- Have difficulty responding to the unfamiliar?
- Drive on the wrong side of the road?
- Change lanes inappropriately?
- Violate traffic laws?
- Cause damage to the car which you are unable to explain?
- Use the accelerator and the brake at the same time?
- Brake at the wrong time on main roads?.

Even if you have not noticed any of these changes, you might like to ask a friend, family member or local driving instructor what they think about your driving skills.

**The most important thing is your safety and the safety of others.**

### Giving up driving

At some point, you will need to reduce and stop driving. Many people decide to give up their license voluntarily. Doctors will sometimes recommend that a person should stop driving.

Some people find giving up driving very difficult. Your car may be an important part of your independence, and without it your life may change.

You may feel angry, frustrated or upset about this change. Talking about these feelings, or asking a trusted family member, friend or Dementia Friendly Wyoming for support and information may help.

Some people find that there are benefits in no longer driving. The alternatives can be less stressful than driving, the costs are less than those needed to run a car and the scenery can be enjoyed along the way.

### Alternatives to driving

If you can reduce the need to drive and find alternatives for getting around you may find giving up driving less stressful.

Things to try:

- Asking a family member or friend to give you a lift.
- Using buses, trains or taxis.
- Walking.
- Using community transport if it is available in your area. Check with your local council.
- Use home delivery services for food and medical prescriptions and from your local library.



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When you stop driving, you might find it harder to make social trips like visiting friends or family, attending functions or participating in hobbies. Try to keep doing these things.

#### **Other resources**

For more helpful information on dementia and driving visit <https://www.alz.org/care/alzheimers-dementia-and-driving.asp>

Reducing the need to drive and finding alternatives for getting around will help you stay active, mobile and socially connected.

**FURTHER INFORMATION:** locally call Dementia Friendly Wyoming 307-461-7134 or visit our website <http://www.dwfsheridan.org> or The Sheridan Senior Center 307-672-2240. Nationally contact the Alzheimer's Association at 1-800-272-3900, or visit their website at <http://www.alz.org>.