Overview

• Experiential exercise
• AFA video: This tells the “story”
• Strategies to having “the conversation”
• DriveWise 700 patients later
• Clinical social work as “bookends”
• Future directions and discussion
AFA Award Winning Video

“Your Time To Care; A Roadmap to Alzheimer’s Disease and Driving”
Proactive Measures
Having the Tough Conversations

- Have conversations early, before the crisis
- Have conversations often
- Pick key family member
- Add instructions to advance planning
- “Bite size” pieces of reality
- Involve health professionals
Nobody wants to be the “bad guy”

- Family
- Friends
- Neighbors
- Physicians
DRIVEWISE
Beth Israel Deaconess Medical Center
Division of Cognitive Neurology
617 667-4074
Beth Israel Deaconess Medical Center
To drive or not to drive: Preliminary results from road testing of patients with dementia

Kapust LR, Weintraub S, 1992

- Case studies of patients with mild cognitive impairment
- Neuropsychological testing
- Social work evaluation
- Different outcomes on road test
- For the cognitively impaired, road test is important component of driving evaluation
2003, CA Farmers’ Market Crash

- 86 yo driver “mixes up” brake/gas pedals
- 10 people killed; over 70 people injured
- Driver held criminally negligent
- Jurors felt he lacked remorse
Demographics
Breakdown by Age

- 17-25 yrs: 1%
- 30-39 yrs: 2%
- 40-49 yrs: 4%
- 50-54 yrs: 3%
- 55-59 yrs: 3%
- 60-64 yrs: 7%
- 65-69 yrs: 9%
- 70-74 yrs: 12%
- 75-79 yrs: 19%
- 80-84 yrs: 19%
- 85-89 yrs: 6%
- 90-94 yrs: 1%
- 95-99 yrs: 1%
DriveWise is the “Gold Standard”

• Assesses driving performance on the basis of an on road evaluation
• Interdisciplinary team approach in a medical-based setting
• Provides supportive interventions for lifestyle changes related to driving safety
• Research and education in addition to clinical practice
Social Work Evaluation

• Review of the consent form
  – “The results of the driving evaluation may be shared with my physician, family member(s) designated, and if necessary with the RMV Medical Affairs office”

• DW role in reporting to RMV
Reporting to the RMV

• Who can report?
  – Family members, physicians, law enforcement and other interested third parties (members of the community, private driving schools, physical therapists)
  – No guarantee of anonymity

• Is there a legal requirement?
  – There is no legal requirement for a physician or other interested party to report
Social Work Evaluation

• Gather history and role of driving in the participant’s life

• How are they driving? Have they called spouse to find way home? (crashes, near misses, getting lost)

• Understand current emotional state, including recent losses and psychosocial stressors
The voices of our patients
“It was easier to learn I had cancer.”
“This is a pot of crock. I am not going to stop driving”
“I survived Nazi Germany. Not driving is prison.”
Assessment Tool

• Taking a driving history: The 4 C’s
## THE 4 C’S

<table>
<thead>
<tr>
<th>Crash/Citation (family)</th>
<th>Concern (family)</th>
<th>Clinical Status</th>
<th>Cognition (family)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>No Crashes</td>
<td>None</td>
<td>Good health</td>
</tr>
<tr>
<td>2</td>
<td>1+ fender bender</td>
<td>Mild concern</td>
<td>Mild medical</td>
</tr>
<tr>
<td>3</td>
<td>Major Citation</td>
<td>Moderate concern</td>
<td>Moderate medical</td>
</tr>
<tr>
<td>4</td>
<td>Crash(es)</td>
<td>Extreme concern</td>
<td>Severe medical</td>
</tr>
</tbody>
</table>

- **Crash/Citation (family):**
  - No Crashes
  - 1+ fender bender
  - Major Citation
  - Crash(es)

- **Concern (family):**
  - None
  - Mild concern
  - Moderate concern
  - Extreme concern

- **Clinical Status:**
  - Good health
  - Mild medical
  - Moderate medical
  - Severe medical

- **Cognition (family):**
  - Intact
  - Mild decline
  - Moderate decline
  - Severe decline
Team Meeting

- Who are the members of the team?
  - Social Work
  - Occupational Therapy
  - Certified Driving Instructor
  - Neuropsychologist

- Sometimes debate, differing opinions, ethical issues. Formulate a recommendation by the end of the meeting.
Outcomes from DriveWise

• Safe to return to driving
• Remediation and re-testing
• Unsafe to drive
• 6 month follow up for all patients with progressive illness
• 45 minute road assessment is only a “snapshot”
Breaking Bad News: Techniques

- Enlist family support
- Take time and allow for silences
- Focus on history of resilience
- Define independence broadly
- Focus on actual driving errors
- Discuss safety for self and others
- Medicalize the problem /”gift” the car
- Monitor for mood changes
Warning Signs for Unsafe Driving

- Getting lost
- Can’t distinguish gas/brake
- Inability to make quick decisions
- Running on curbs
- Can’t recognize road signs
- Problems with left turns
- Problems merging
Future Directions

- Bigger signs
- Lighted signs
- Wider striping
- Broader use of “silver alert”
Wellbeing Habilitation

- Regular checkups
- Current eye exams
- Self monitor driving
- Medication compliance
- Ask others for input on driving
Car habilitation

- Good car maintenance
- Use of seatbelts
- Avoid distractions
- When buying new cars consider pros/cons of new technology
What our patients have taught us

• The value of resilience
• There is no “slam dunk”
• Remediation can make a difference
• Subjectivity is inevitable
Take Home Message

• Most of us will outlive our driving fitness by 7-10 years

• How will you plan for this in your life?
I was complimented on my driving the other day!

How?

Well, there was a note on my windshield, it said "Parking Fine", which was nice.
It Is Time!

How do you know when it is time to “hang up the car keys”?

I say when your dog has this look on his face!

A picture is worth a thousand words!