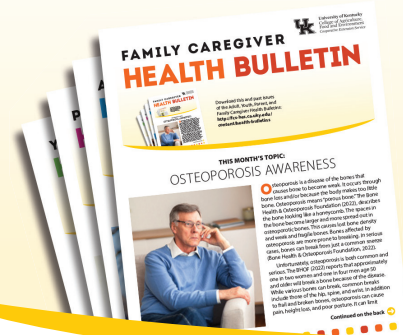


# FAMILY CAREGIVER

# HEALTH BULLETIN



**OCTOBER 2023**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC:

# DRIVING WHILE AGING IS A COMMUNITY EXPERIENCE IN KENTUCKY



**D**eciding when it is time to stop driving can be an extremely difficult and emotional time in your life. The independence to navigate your vehicle freely and safely has suddenly come into question. You might realize this on your own, after concern from family members, or concern from authorities. If you or a loved one has vision loss, is showing signs of dementia or Alzheimer's Disease, or is simply aging, there is help in Kentucky.

The University of Kentucky Human Development Institute's Driver Rehabilitation Program was established in 2000. It specializes in helping folks decide whether it is safe to continue driving. It can also help you get back behind the wheel safely and with confidence.

**Continued on the next page** 



# ***A Driver Rehabilitation Specialist (CDRS) with knowledge about medical conditions can give you a comprehensive evaluation to figure out if you can safely drive.***

## **➔ Continued from the previous page**

Here are some warning signs that you or a family member might need the Driver Rehabilitation Program:

- Trouble interpreting or observing traffic signs, signals, and other traffic
- Slow or poor decisions behind the wheel
- Needs help or instructions from passengers
- Often gets lost, even in familiar areas
- Drives too fast or too slowly
- Accidents or near misses
- Poor road position or wide turns
- Difficulty driving at night

If you or someone you know has any of the above warning signs, they may need a Driver Rehabilitation Evaluation. A Driver Rehabilitation Specialist (CDRS) with knowledge about medical conditions can give you a comprehensive evaluation to figure out if you can safely drive.

## **What does a driver rehabilitation evaluation involve?**

The Driver Evaluation has two sections: the Clinical Component and the Behind the Wheel Component.

## **The clinical component**

A CDRS with specialized training in evaluating driving skills administers the clinical component. This portion tests your visual and perceptual skills, ability to follow written and verbal directions, judgment, upper and lower extremity strength, and reaction time.

## **The behind the wheel evaluation**

A driver rehabilitation specialist also gives this portion of the evaluation. It is an evaluation of your actual driving skills in different traffic conditions. A CDRS will take you driving in a vehicle with an instructor brake so the specialist can control the vehicle if necessary. These specialists work with people of all ages and abilities by exploring driving solutions for drivers with special needs.



## **Resources**

To apply for Driver Rehabilitation Evaluation and Training in Kentucky, please contact the following programs:

*Note: Costs for these services can vary. Please directly contact each program.*

### **Lexington:**

- University of Kentucky Medical Center, Driving Rehabilitation Program: (859) 218-7980

### **Louisville:**

- Frazier Rehab Institute: (502) 429-8640
- Norton Heath Center: (502) 629-2501
- Drivabilities: (502) 893-0050

### **Thelma:**

- Carl D. Perkins Vocational Training Center: (606) 788-6656

### **REFERENCE:**

The Association of Driver Rehabilitation Specialists (ADED)  
<https://www.aded.net/search/newsearch.asp>

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## **FAMILY CAREGIVER HEALTH BULLETIN**

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