

15 Warning Signs Driving Is Difficult

Self Assessment



Safe Driver: 15 Warning Signs Driving Is Difficult

Changes in our cognitive fitness can impact our daily life. Driving is a complex and dynamic task which requires adequate brain based skills in order to be performed safely and reliably.

Many of us take driving for granted, right?

Driving allows us freedom, choice and the ability to do what you want in your day to day life. No doubt at some point we're likely to step away from driving.

Conditions like dementia, stroke, heart disease and Parkinson's Disease for example can impact our cognitive health.

These skills can include memory, perception, judgement and attention and the decision to stop driving needs to be planned for and made much earlier than perhaps many people would like

You might say I can drive without thinking about it and it may feel like it's an automatic skill. However, it is a complicated task that requires complex mental processes, physical skills and fast reaction times.

Health conditions which impact the performance of your brain can cause loss of memory, limited concentration, coordination and vision and insight problems. This affects a person's judgement and ability to drive safely.

To Help Check Where You Are At Here's A Quick Self Assessment Guide.

This can be done with a friend or family member. Whilst this is NOT a clinical assessment it may help you start considering what are the best steps for your situation.

Self Assessment : 15 Warning Signs Driving Is Difficult

Do you:

- Suffer from any serious health conditions such as arthritis, epilepsy, a heart condition, high blood pressure or anxiety, dementia or stroke?
- Take medication that may impact your ability to drive safely?
- Have near misses when driving?
- Have difficulty maintaining concentration while driving?
- Feel exhausted after driving for an hour or less?
- Have difficulty with glare from oncoming headlights, streetlights or other bright or shiny objects, especially at dawn, dusk and at night?
- Find it hard to turn your head, neck, shoulders or body while driving or parking?
- Have your passengers warn you about things on the road you may not have seen, or seen too late?
- Regularly need your passengers to give you directions, such as when it is clear to pass?
- Have difficulty reacting quickly to other driver's actions?
- Ignore or misinterpret traffic signs and signals?
- Fail to judge distances between cars correctly?
- Drive at inappropriate speeds, either too fast or too slow?
- Feel overwhelmed in heavy traffic?
- Become easily flustered or angry?

If you answered yes to any of the questions you should consider modifying your driving behaviour. You should also discuss your concerns with your doctor or occupational therapist. You may benefit from an in room driving consultation.

Here's How Can Occupational Therapy Brisbane Assist You

In Clinic Driver Screening Services

At Occupational Therapy Brisbane we offer an in-clinic driver screening service.

1. This in room consultation is offered to predict driving ability for older adults or for people living with mild cognitive impairment (MCI). It combines a battery of cognitive, physical and reaction time assessments as well as driving simulation assessment. *The result of this assessment maybe the following recommendations to you and your GP:*
 - a. Recommended Pass with or without licence restrictions
 - b. Recommended Fail with retirement from driving recommended
 - c. Indicate further assessment such as an on road driving assessment with a certified driving occupational therapist.

Prior to an assessment we require the following information:

1. Current drivers licence details,
2. A medical summary and preferentially an optometrist report on your vision
3. Declaration of driving history and any recent driving offences within the last 24 months.

The cost of the in room driver screening consultation is \$450.00 inclusive of report.

Should you have any questions or you wish to make an appointment please do not hesitate to call us directly on 1300 783 200 or email

Support@gethealthcaredirect.com.au

Yours Sincerely,



David Norris
Senior OT, Founder

www.OccupationalTherapyBrisbane.com.au

F. 1300 400 395 P.1300 783 200 E. Support@gethealthcaredirect.com.au

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About Us

At Occupational Therapy Brisbane you can access a range of services, as well as fully-customised care, depending on your needs and referral brief.

Whether you're looking for services for yourself, a family member, you're a case manager, or you're acting for a GP practice or consultant, insurance company or aged care service provider, – whatever your situation is, our team offers you highly skilled and motivated practitioners to achieve the outcomes relevant for you or your client.

Occupational Therapy Brisbane is an independent occupational therapy service specialising in providing you high quality therapists specialising in neurotherapy across Brisbane.

The neurotherapy hub offers the following services. Please click which best meets your needs or goals.

 <p>Neuro Technology Hub</p> <p>Matches you with the right technology, tools and devices to achieve your goals.</p>	 <p>Safe Driver Hub</p> <p>Comprehensive cognitive fitness to drive assessment to current drivers and people 75+ years old.</p>	 <p>Modify Your Home Hub</p> <p>From simple to complex solutions there are many ways to achieve a safer and easier home.</p>	 <p>Memory and Thinking Hub</p> <p>Therapy programs to help you overcome your memory loss and thinking changes.</p>
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Note:

Currently drivers aged 75 years and older are required to carry a valid medical certificate every time they drive. This certificate is issued by a doctor who assesses and determines that you are medically fit to drive. In determining this they may refer to an occupational therapist for further advice on driving performance.

Material Source:

Licensing Requirements for Drivers Aged 75 and Over Information Sheet. QLD Department of Transport and Main Roads: TRB Forms Area S5041 V01 Jul 2017.

[https://www.support.transport.qld.gov.au/qt/formsdat.nsf/forms/S5041/\\$file/S5041.pdf](https://www.support.transport.qld.gov.au/qt/formsdat.nsf/forms/S5041/$file/S5041.pdf)

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