

Driving Safely with Parkinson's

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February 27th, 2015, VA Portland HCS

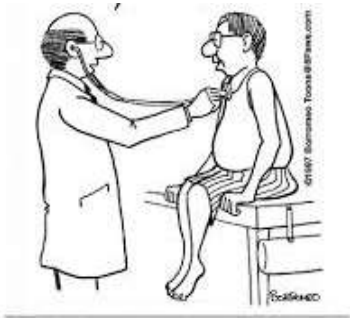


Why do we drive?

Groceries



Doctor's appointments



Visit family and friends



Go to work



Fishing!



Freedom & Independence



Not wish to be a burden to others



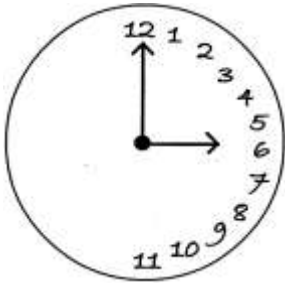
How can Parkinson's affect Driving?



Visual inattention



Spatial perception



Cognitive flexibility



Bradykinesia



Rigid muscles/joints



Loss of automatic movements



Tremors



Medications



Other medical conditions



- 62 yrs old: avg age of diagnosis

Parkinson's and Older Drivers (62+)

- Most common traffic violations that lead to excessive crash rates for older adults are:

failure to obey signs & traffic lights,
making unsafe left turns,
failure to safely pass other vehicles,
failure to yield the right of way, and
inappropriate turns.

These violations are not caused by an "obedience problem" but rather by attentional errors.

Can I still drive with
Parkinson's?



Most likely, "Yes",
in the early stages,
if symptoms are well managed.

Aerobically fit and active; exercise:
flexibility neck/back good posture,
endurance



Ron Blehm, PT

Eat and sleep well



Pick optimum times and places to drive; avoid nighttime, bad weather, rush hour



Not much fun



No, thank you



Reduce distractions:
cell phones
radios
conversations with passengers







Technology:

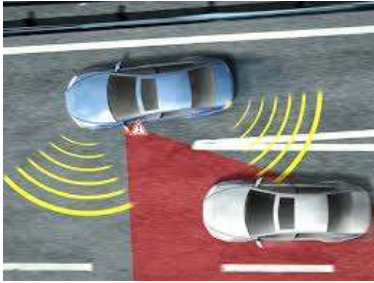


back-up cameras
GPS
blindspot warning systems
hand controls
smart cars?

GPS



Blind Spot Warning



Hand controls for gas/brake



Legal in Nevada, Cal, Fla and Michigan commercially available 2017?



Wear your seat belt



When to ease back or retire from driving?

If you answer yes to any of the following questions, you should check your skills. You may need to change your driving habits:

Has a friend or family member expressed concern about your driving?



Has your doctor advised you to limit driving for health reasons?



Have you been pulled over by a police officer and warned about poor driving behavior?



Have you been stopped by the police or had near misses or accidents in the last 3 years?



Unexplained dents and scratches on your vehicle?







Do your thoughts wander when you drive?



Do you become confused or angry when driving?



Do other drivers honk at you frequently?



Do cars or people walking seem to appear out of nowhere?



Do you make inappropriate or involuntary lane changes?

Contributing causes of lane change crashes

Cause	2004	2005	2006	Total
Improper driving	1.75%	3.57%	2.41%	2.54%
Careless driving	12.28%	18.57%	15.66%	15.63%
Failed to yield	7.02%	6.43%	6.63%	6.64%
Improper lane change*	65.79%	64.29%	63.25%	64.65%
Improper passing	0.00%	0.71%	1.81%	1.17%
All other	13.16%	6.43%	10.24%	9.38%
Total	100%	100%	100%	100%

*Blind spot or inclement weather cited as primary reason

Are you Failing to observe traffic signs or signals?



Making slow or poor decisions?



Hitting the curb or rumble strips while driving?



Driving at an inappropriate/variable speed (often too slow)?



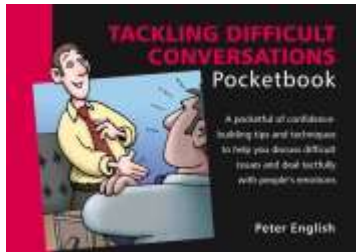
Do you have trouble moving your foot between the gas and brake pedals, or do you confuse the two?



Do you sometimes get lost on familiar routes or difficulty navigating to familiar places?



Having that difficult conversation



Be respectful



Have the conversation long before it becomes a problem

Focus on the shared goal of safe mobility first



Talk of “retirement” from driving,



not “quitting” or “taking your keys away”.

Help the driver come up with reasons for not driving:

“When do you think it will be time?”

Wean off
night driving
freeways
trips to the VA



Acknowledge accomplishments and long history of safe driving but focus on the future.



Acknowledge how the driver feels and avoid arguments trying to convince.

The Feeling Spectrum

Main Negative States			Main Positive States		
Mad	Sad	Scared	Powerful	Helpful	Relaxed
Anger	Disappointment	Worry	Confidence	Empathy	Composure
Aggression	Helplessness	Apprehension	Control	Support	Stability
Hostility	Loneliness	Concern	Assertiveness	Kindness	Flexibility
Blame	Isolation	Anxiety	Self-reliance	Generosity	Openness
Resentment	Sadness	Stress	Empowerment	Warmth	Reliability
Rejection	Loneliness	Overwhelm	Strength	Compassion	Resilience
Humiliation	Isolation	Exhaustion	Steadiness	Understanding	Adaptability
Embarrassment	Loneliness	Dejection	Steadiness	Understanding	Adaptability
Shame	Loneliness	Dejection	Steadiness	Understanding	Adaptability
Disrespect	Loneliness	Dejection	Steadiness	Understanding	Adaptability
Disrespect	Loneliness	Dejection	Steadiness	Understanding	Adaptability
Disrespect	Loneliness	Dejection	Steadiness	Understanding	Adaptability

Strength in numbers;
children,
siblings,
firefighting buddies



Help ID alternatives



QUESTIONS?
