Driving Cessation: Let’s Talk About It!

Amy Brzuz, OTD, OTR/L, CDRS

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The Problem

• Frequently, driver evaluators must recommend driving retirement.

• This is a life-altering event for the driving retiree that is often unplanned and frightening.

• Older drivers who are no longer appropriate for driving are at risk for:
  – occupational performance problems
  – unsuccessful role transition

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Themes of Research

- Driving cessation is a negative experience for the driving retiree (Whitehead, Howie, & Lovell, 2006).

- Driving cessation can be voluntary or involuntary (Choi, Mezuk & Rebok, 2011).

- Drivers are reluctant to stop driving because they feel they have no other choices (Kostyniuk & Shoppe, 2003).

- No one is planning for driving cessation (Choi et al., 2011).

- There is proven success with driving cessation programs (Liddle et al., 2013).
To Drive or Ride was born!

- Goal: MOHO
- Group format
- UQDRIVE
- CarFit
- Intentional Relationship Model - mindful empathy

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Applying a Conceptual Model

The Model of Human Occupation

- Experience (role of driver is pleasurable)
- Volitional process (changing from driver to passenger)
- Interpretation (driving gives independence)
- Anticipation (May need to stop driving)

Occupational choices (new role as passenger)

All combine to give the client the motivation to act.

(Kielhofner, 2008)

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To Drive or Ride Day 1

Module 1
• Growing older

Module 2
• Driving in later life

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Module 1: Growing older

• Introductions
• Purpose of group
• Discussion of age related issues
  – .ppt for back-up
  – Topics that arose
    • Vision decline
    • Hearing decline
    • Reaction time decline...

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Module 2: Driving in Later Life

• Highlights the changes discussed in module 1 and how they relate to driving

• Discussion regarding how to drive safely despite these changes:
  – Adaptive equipment
  – Older driver refresher courses
  – CarFit components
  – Compensatory techniques

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To Drive or Ride Day 2

Module 3

• Alternative transport

Module 4

• Driving Cessation Discussion

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Module 3: Alternative Transportation

• Discussion/education of local resources
Module 4: Lifestyle Planning

• What to do if no longer driving?
  – What will people think?
  – How will I feel?

• Life changes/role changes
  – Interest checklist
  – Time management
## Quantitative Results

<table>
<thead>
<tr>
<th>Statement</th>
<th>Percent who strongly agree or agree BEFORE the To Drive or Ride Program</th>
<th>Percent who strongly agree or agree AFTER the To Drive or Ride Program</th>
<th>Percent change</th>
</tr>
</thead>
<tbody>
<tr>
<td>I understand how to use a city bus.</td>
<td>73%</td>
<td>94%</td>
<td>↑ 21%</td>
</tr>
<tr>
<td>I understand how to use a taxi.</td>
<td>95%</td>
<td>100%</td>
<td>↑ 5%</td>
</tr>
<tr>
<td>I am aware of local errand services I can use.</td>
<td>33%</td>
<td>89%</td>
<td>↑ 56%</td>
</tr>
<tr>
<td>I understand how to use the Lift (shared ride).</td>
<td>33%</td>
<td>89%</td>
<td>↑ 56%</td>
</tr>
<tr>
<td>I understand how an OT can help me with driving.</td>
<td>37%</td>
<td>72%</td>
<td>↑ 35%</td>
</tr>
<tr>
<td>I understand how an OT can help me access my community in the absence of driving.</td>
<td>34.6%</td>
<td>78%</td>
<td>↑ 43.4%</td>
</tr>
<tr>
<td>I understand how normal aging affects my driving.</td>
<td>79%</td>
<td>95%</td>
<td>↑ 16%</td>
</tr>
<tr>
<td>I am aware of driving restrictions that can be put on my driver license in PA.</td>
<td>37%</td>
<td>78%</td>
<td>↑ 41%</td>
</tr>
</tbody>
</table>

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But...

- Did the group really affect the choices the attendees make in the future regarding driving cessation?

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Qualitative Follow-Up

• 16 months later
• 8 participants
  – Three themes
  – One overarching major theme

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Theme 1

• The driving cessation group had no effect on these participants’ decision to continue to drive or retire from driving.
  – “not really, I had been questioning it in my mind all through, the fact that my...driver’s license would come due in November of this year and I would be 86 and I thought I just don’t care to keep driving when I’m that age”.
  – “Not really because I had explored Hansen and I have used them since too”.
  – “just a matter of when”
Theme 2

• If I retire from driving it will be an inconvenience but I’d be ok.
  – “No because it won’t be as convenient, you can’t just jump in the car and get something that I needed...I’d survive I’m sure”
  – “Not like it now but I know I could”
  – “You can go almost anywhere you know you can go to the mall and go to the grocery store and to the bank...it’s uh sometimes kind of...inconvenient because you may have to wait 5 hours before you get picked up”

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Theme 3

- The driving cessation group had no effect on the participants’ alternative transportation choices.
  - “there is a bus service here that is very convenient...it is nice, it’s very convenient”
  - “you have family and the van, you haven’t really had to think about other ways”
Main theme

Convenience

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What can you do about it?

- **CDRS**
  - Ongoing driving cessation groups
    - Drivers
    - Recently retired drivers

- **Generalist OTs**
  - Talk about it!!
  - Run driving cessation groups
  - 1:1 driving cessation programs

- **Target community dwelling individuals**
Thanks for listening!

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