

**TRB 85th Annual Meeting
Human Factors Workshop #138
Marriott Virginia-B**

**Community Mobility and Supportive Transportation:
Special Considerations for Dementia and Other Functional
Impairments among Older Drivers**

Conveners:

Nina M. Silverstein, PhD and Lisa Peters-Beumer, MPH

Community mobility for older adults involves balancing two major, often competing, outcomes--public safety and autonomy. When driving impairments emerge, community mobility options become paramount in transitioning driver to passenger. A new paradigm is needed that includes both senior- and dementia-friendly criteria for meeting the transportation needs of an aging society. This workshop will focus on several issues:

- Assessment of visual, cognitive, and motor function plus sensitivity of tools in assessing the driving skills of persons with dementia and other functional impairments
- Ethical and legal reporting issues
- Importance of counseling on driving cessation and referral to supportive transportation options
- Defining what might be considered “supportive transportation,” why it is needed, and who is doing it
- Strategies for enhancing existing systems by including elements of supportive transportation
- Recommendations for transportation providers on better meeting the needs of older adults with dementia and other functional impairments and resources necessary to implement them

The goal of the day will be to present the full continuum of safe mobility from the perspective of the person with dementia or other functional impairments. The starting point for each presenter is--unlike "older driver safety" presentations where dementia, if mentioned, is an acknowledgment but time does not often permit more in-depth discussion—today’s workshop will begin from that perspective. The morning will focus on driving. The afternoon will focus on strategies for addressing and solutions toward creating "dementia-friendly" community mobility options. All presenters will be asked to end their presentations with clear recommendations for policy, program, and practice.

SCHEDULE FOR THE DAY

9:00 a.m. Welcome and Introductions

Nina M. Silverstein, PhD

It is not just about giving up the keys...

Historically, the focus on driving and dementia has been on driving cessation. *But, it's not just about giving up the keys.* While it is important to be on top of issues related to driver screening and assessment, equal attention should be devoted to cessation counseling and helping the driver move to the passenger seat. In fact, when older adults stop driving, they are more likely to shift to the passenger seat in a private vehicle than seek and utilize alternate modes of transportation. Currently, alternative modes of transportation are not very “elder-friendly” let alone “dementia-friendly.” For example, *arm through arm* rather than *curb to curb* might define one criterion that would be critical for a dementia-friendly service. Advocacy is needed to expand the availability of “arm through arm” transportation –and to assure that such options are available, acceptable, accessible, affordable and adaptable.

9:15 Preview Brief video –(7 minutes)

Identifying and Evaluating Medically At-Risk Drivers (2005) Producer: R. Powell, Director: N, Brook, Videographer: H. Popowich, Production oversight: M. Aherne, Concept and Educational Development: B. Dobbs and A. Dobbs.

9:22 Germaine Odenheimer, MD

Physician's Role in Driving Safety: Experience with the AMA guide and Patients with Dementia

Physicians are expected by families to address medical conditions that can impair their patient's ability to drive safely. But physicians have had little training in determining driving risk. They are reluctant to alienate their patients. The discussion is particularly difficult with dementia patients who often lack insight into their impaired driving skills. If patients follow recommendations to stop driving, their lives are profoundly altered. And HIPAA regulations complicate the legality of reporting patients.

The AMA through cooperative agreement with the National Highway Traffic Safety Administration (NHTSA) has produced materials and designated trainers to teach physicians how to approach this problem. This TRB presentation will offer a summary and application of the AMA guide, *Physicians' Guide to Advising and Counseling Older Drivers*, with a specific emphasis on the patient with dementia. The AMA guide will be distributed along with information for families, sample questions to ask the family, sample letters to send to the state licensing agency and to driver evaluators.

9:52 Allen Dobbs, PhD

Deciding when driving should stop: A validated measure of driving competence, not diagnosis, needs to be the criterion--The case of the driver with dementia

There are increasing numbers of older drivers, and they are driving more and longer into old age where impairing medical conditions are most likely. This is placing increasing pressure on physicians to provide fitness-to-drive evaluations. Fitness-to-drive evaluations for early stage dementia add a particular pressure for physicians. The importance of driving obliges evaluation procedures that are science-based, validated, standardized, and demonstrated fair for urban and rural drivers. Procedures meeting these criteria will be discussed with particular emphasis on the driver with dementia.

10:22 Morning Break

10:37 Elin Schold-Davis, OTR/L, CDRS

Occupational Therapy's Role In Decisions About Driving Evaluation And Community Mobility

Occupational therapists contribute to health by addressing “engagement in occupation to support participation.” Driving is a highly valued instrumental activity of daily living and may often times be an individual’s key to mobility and involvement in the community. Occupational therapists have the opportunity to address client and family needs across the spectrum of change associated with the disease progression. Early in the process occupational therapists may address safety and independent living. Occupational therapists may intervene when cognitive changes are impacting the ability to direct one’s own care offering strategies to families struggling with how to protect their loved one from access to a vehicle and considerations in the selection of alternative modes of transportation. Recommendations are aimed at optimizing safety and with recognition of the individual needs that “dementia-friendly” transportation may require. This session will discuss the role of occupational therapy in driving evaluation, counseling, cessation and selection of alternative mobility.

11:07 Preview Brief Video—(7-minutes)

When It's Time to Stop Driving: Experiences and Insights from Individuals and Family Members (2005) Producer: R. Powell, Director: N, Brook, Videographer: H. Popowich, Production oversight: M. Aherne, Concept and Educational Development: A. Dobbs and B. Dobbs.

11:15 Bonnie Dobbs, PhD

The Effectiveness of Driving Cessation Support Groups for Individuals with Early Stage Dementia and for their Caregivers

Driving cessation is a certainty for all drivers with a progressive dementia. The transition to driving cessation often is difficult for both the individual and his/her caregivers. Recently, we (Dobbs et al.) have developed and evaluated the effectiveness of driving cessation support groups for individuals with a dementia and their caregivers. The presentation includes an overview of the conceptual framework and the results from the two-year study.

11:45 Morning Wrap-up

12noon-1:30 p.m. Lunch Break

1:30 Lisa Peters-Beumer, MPH

The afternoon will focus on supportive community mobility options--what exists and what needs to be created. Strategies will be discussed for solutions in addressing "dementia-friendly" community mobility options.

1:45 Anthony Sterns, PhD

Improving Transit Schedules and Maps For Older Adults

The research sought to demonstrate that accuracy and speed could be improved with evidence-supported design changes to transit materials. Older adult participants completed "easy" and "difficult" trip plans using original and modified materials. Results show some support with modifications reducing reaction times when difficulty was high and improvements in accuracy. The research has implications for persons with mild cognitive impairment.

2:15 Helen Kerschner, PhD

Door thru Door Transportation—An Important Component of Dementia-Friendly Supportive Transportation

The Beverly Foundation's *5As of Senior-Friendliness* are applied to a more functionally-impaired population including persons with dementia through the recent Administration on Aging study on *Door thru Door* transportation. Insights from that study and applications for enhancement of community transit and supplemental transportation programs to meet the specialized needs of persons with dementia and other functional impairments will be shared

2:45 Maureen Hensley-Quinn, MSPA and Jane Hardin, JD

Innovative Practices in Community Transportation

A look at innovative practices started without special funding that other agencies might readily adapt. Some examples of innovations include a medical advocacy program that provides door-through-door service using volunteers; and a demand response service with on-bus concierges.

3:15 Afternoon Break

3:30 Kathy Freund

Using ITNRides! Information Technology to Serve Riders with Dementia and Their Families

The original Independent Transportation Network® in Portland, Maine, has been using information technology to serve people with dementia for several years. Using ITNRides!™ to store special needs information while working closely with family members, ITNPortland™ delivers riders safely to and from a responsible party at each end of the ride.

**4:00 Fran Carlin-Rogers, President, Carlin Rogers Consulting LLC, and
Dennis P. McCarthy, MEd, OTR/L
Florida's Roadmap for Drivers with Dementia**

An overview will be provided of the State of Florida's policy position related to this population. The establishment of Florida's Senior Safety Resource Centers and their experiences in dealing with these special needs will be shared. In addition, the proactive role of the statewide Memory Disorder Clinics will be described. Finally, recommendations from the State's Alzheimer Disease Initiative (ADI) regarding driving, dementia, and community mobility will be discussed.

4:30 Recommendations from the Day—All attendees

5:00 Adjourn

**TRB '06 HF Workshop
Sunday, January 22, 2006**

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