

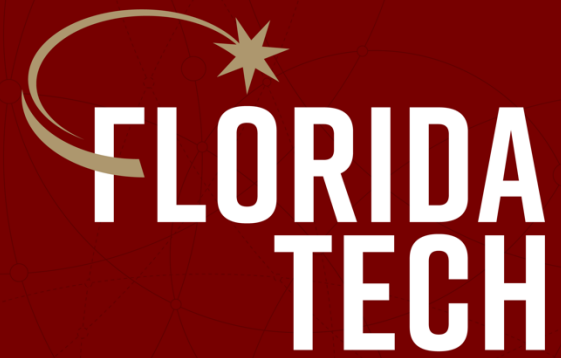
PD and Driving: How to **steer** clear of danger

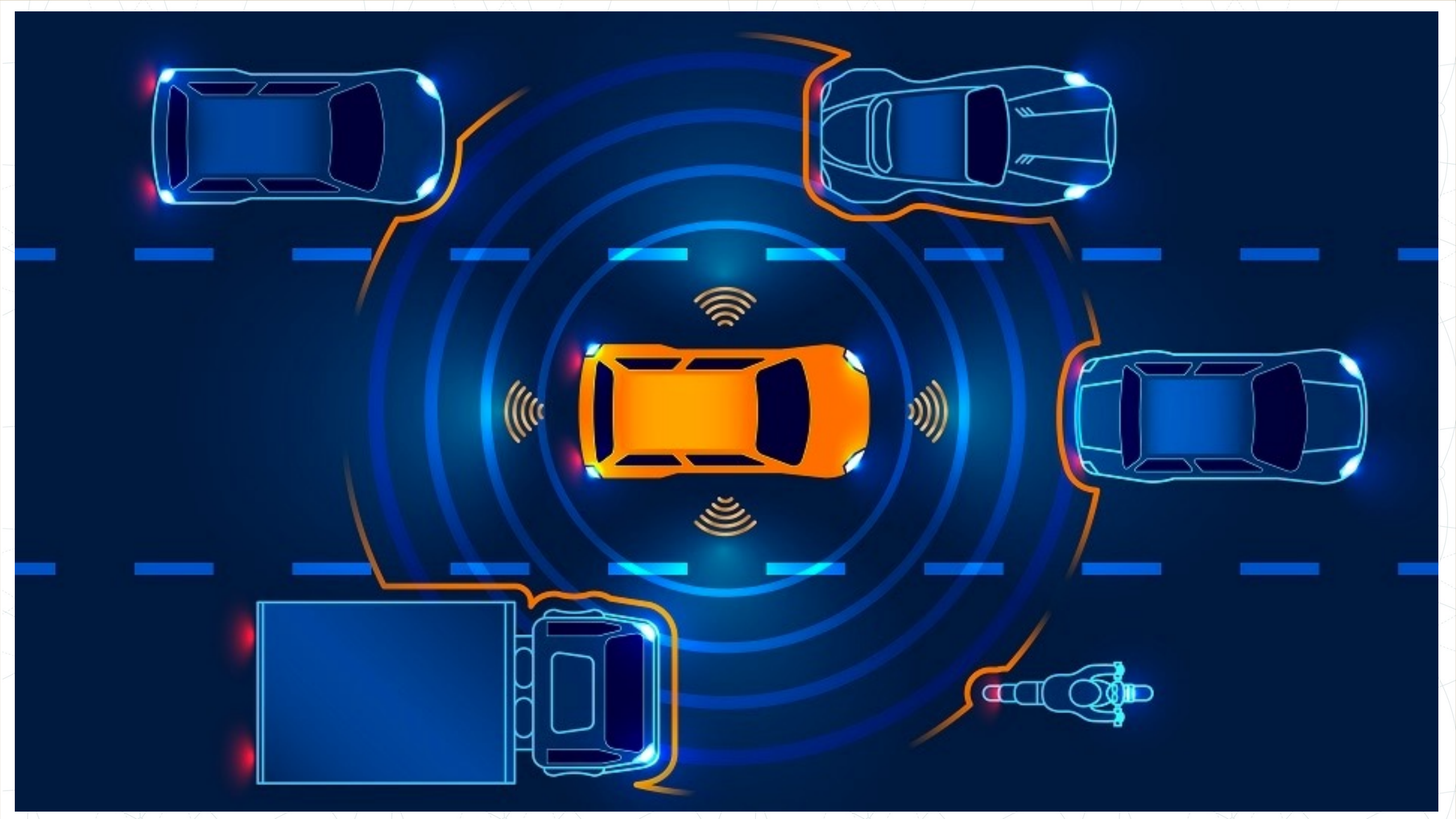
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There are more than **41 million** licensed drivers age **65 and older** on the roads, up from **26 million** 20 years ago.

Federal Highway Administration

As a person ages, changes in health—including problems with vision, hearing, and reflexes—may affect driving skills. The risk of being injured or killed in a motor vehicle crash also increases.

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INJURED? DIAL #LAW. THAT'S ALL.

Parkinson's Disease: Symptom Categories

Clinics in
Geriatric Medicine



- **Physical / motor**
- **Cognitive**
- **Mood and behavior**

PD Motor Symptoms

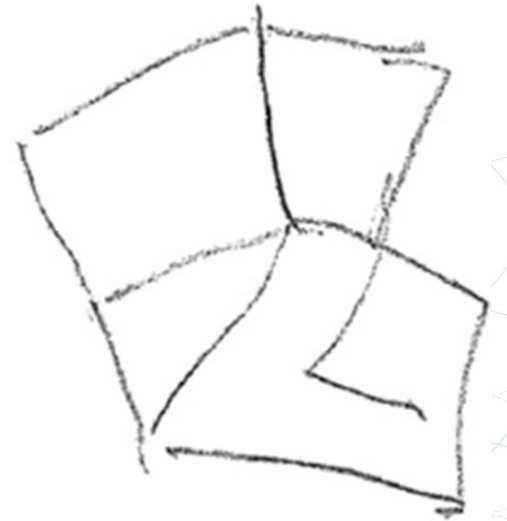
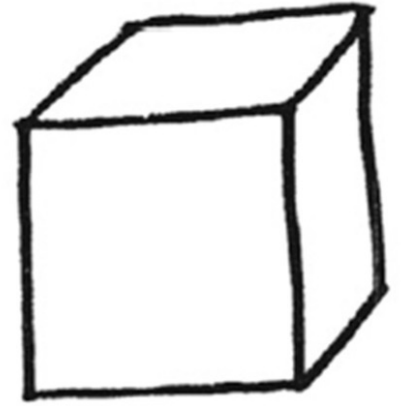
May interfere with:

- Use of signals
- Turning the steering wheel
- Pressing down on the gas pedal or brake
- Reacting quickly to road signs, traffic lights, sudden or unexpected changes



PD: Cognitive Symptoms

- **Visual-spatial problems and depth perception**
 - Judging distance
 - How far away something is
- **Slow reaction time and thinking speed**



PD: Cognitive Symptoms

- **Difficulty with:**
- **Focus, concentration, and paying attention**
- **Multi-tasking, problem solving, and quick decision-making**



YEP, DRINKING COFFEE AND DRIVING
WITH PARKINSONS IS A CHALLENGE!

M B 3 6/13/11

PD Medications

May cause:

- Sleepiness
- Drowsiness
- Dizziness
- Blurred vision
- Mental confusion



**30-56% of people with PD
failed an on-road driving test**

**0-24% of same-aged people
without PD failed**

Potential Safety Concerns



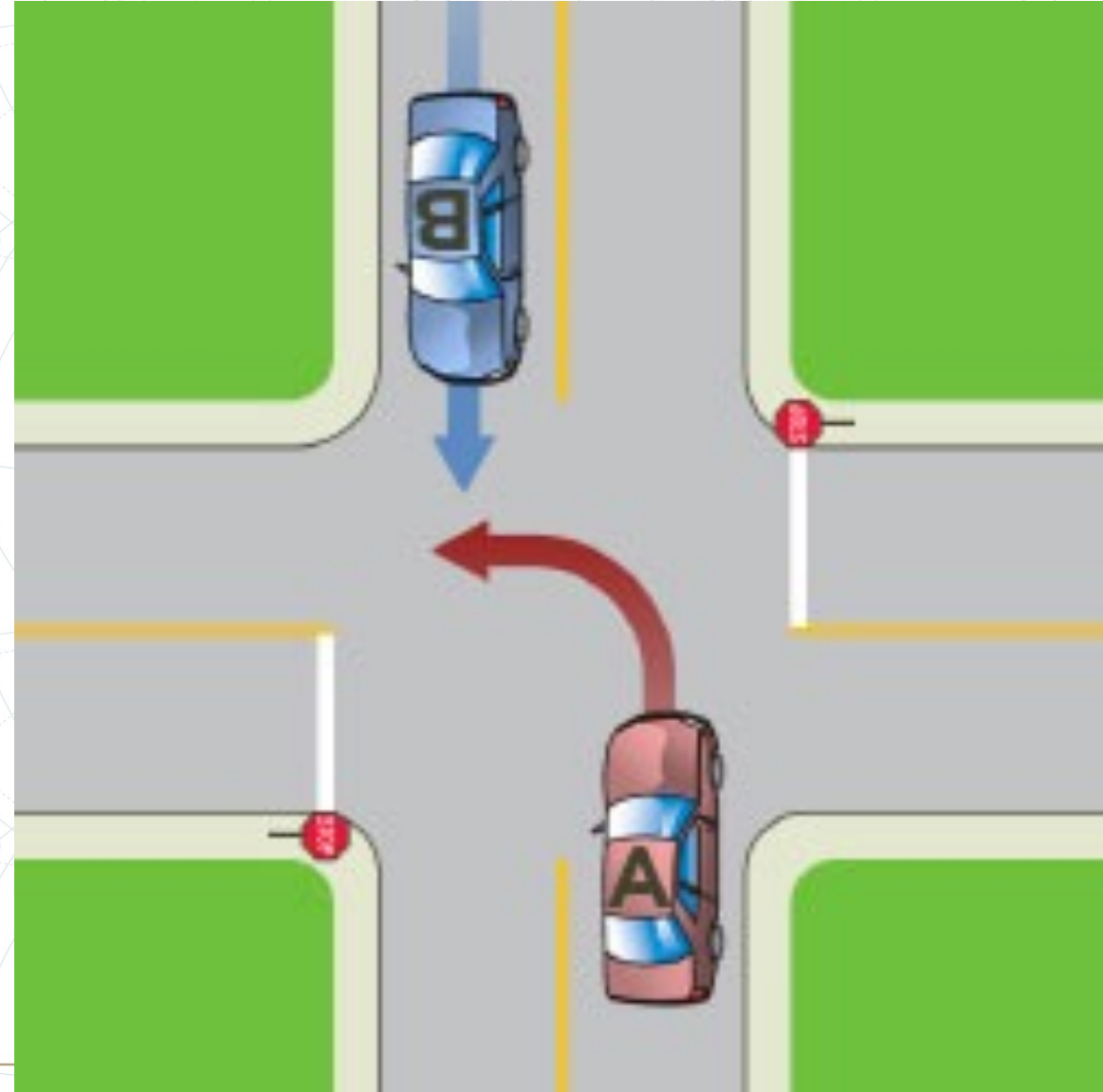






Potential driving issues

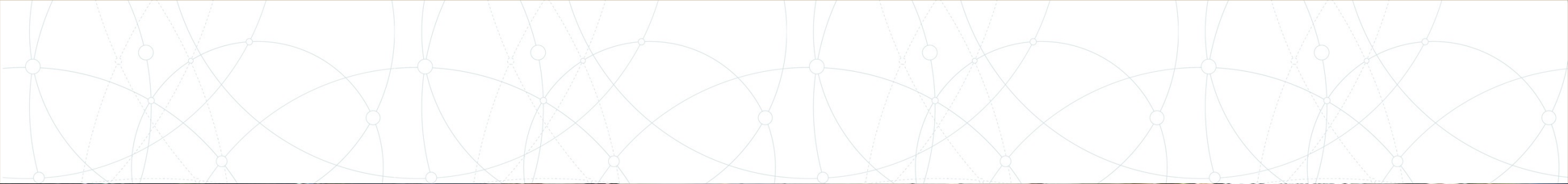
- Misjudging turns, distance, or speed of other vehicles



Potential driving issues

- Multi-tasking: driving while listening to the radio, conversating





**You're probably
not expecting
a child to run
into traffic.**

preventable.ca



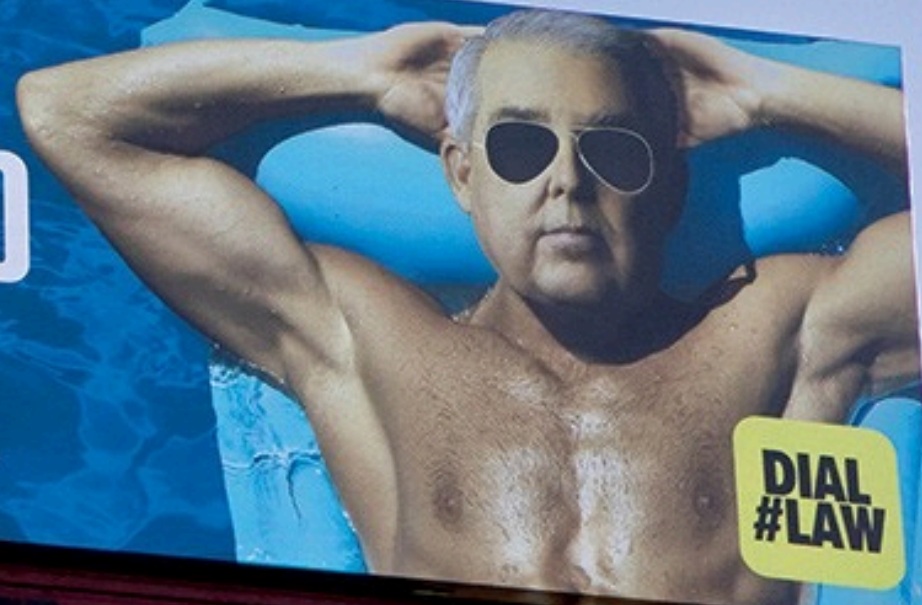
A COOL **\$15 BILLION**
DOLLARS RECOVERED

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FLORIDA. PAST RESULTS DO NOT GUARANTEE A SIMILAR OUTCOME.
DRAMATIZATION.



**DIAL
#LAW**

000181

Warning Signs

Mysterious scrapes and dings...



Ways to Compensate



- Eliminate distractions
- Avoid driving at night
- Use familiar routes
- Avoid rush hour/traffic
- Maintain good posture
- Know your meds
- Use GPS





[ADED.net](https://www.ADED.net)

ADED

The Association for Driver
Rehabilitation Specialists





Independence

Safety

Alternate Transportation

Plan ahead...

- Ask friends and family
- Public transportation
- Taxi, Uber, Lyft
- Explore shuttle or van services



If you are worried about a family member or friend putting themselves or others at risk on the road, **take these steps:**



▶ **Observe** the person's driving skills.

▶ **Look** for signs the person may need to stop driving, such as accidents, traffic tickets, complaints, or anxiety about driving at night.



How to approach bringing up concerns...



- ▶ **Talk** with him or her about driving. Be positive and supportive. Avoid confrontation. Focus on:
 - ⚠ **Safety.** Discuss the driver's skills, not his or her age.
 - ⚠ **Maintaining independence.** Find out about local services to help someone who can no longer drive.

How to approach bringing up concerns...

- Remember: The goal is to **continue engaging in enjoyable activities while staying safe**
- Be supportive and understanding:
 - "I understand that this is upsetting"
 - "We'll work together to find a solution"

Other possible challenges...

- Managing finances
- Managing medications



The Wheels of Life



**Thank
you!**