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Introduction to Driver Rehabilitation

Occupational Therapy Roles in Driver Rehabilitation

Learning Outcomes

- Describe how occupational therapists are uniquely positioned to address the driving and mobility needs of individuals with disabilities and older adults.
- Describe the expertise required to be a driver rehabilitation specialist and a CDRS.
- Describe the collaborative relationship of occupational therapy practitioners and driver rehabilitation specialists.

Driver Rehabilitation

Multi-disciplinary profession, includes:

- Medical professionals
 - Occupational therapy
 - Physical therapy
 - Kinesiotherapy
- Trained specialists
 - Driving instructors
 - Driving educators



Occupational Therapy

- Driving is an IADL – to be addressed by all practitioners.

Occupational therapy practitioners with specialized education/training in driver rehabilitation

- Evaluate functional abilities essential to driving
- Recommendations in regards to fitness to drive
- Recommend modifications to vehicles
- Provide intervention



ADED: The Association for Driver Rehabilitation Specialists

- A professional association dedicated to driving rehabilitation.
- Network of Professionals
 - Includes OTs, PTs, KTs, driver educators/trainers, equipment manufacturers, mobility equipment dealers, educators and researchers
- Mission includes promoting excellence in the field of driver rehabilitation, including advocacy and leadership.

**ADED**

The Association for Driver
Rehabilitation Specialists



Practice is Guided by:

- Best Practice Guidelines for the Delivery of Driver Rehabilitation Services
- Code of Ethics / Standards of Practice



continued[®]

Practice is Guided by:



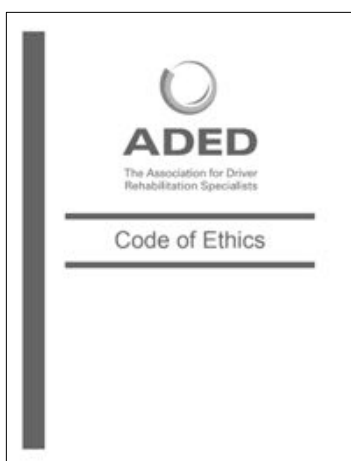
In order to promote the best outcome for clients, prudent clinical judgment should be used at all times, including consideration of applicable laws and other guidelines or resources that may exist regarding the delivery of driver rehabilitation services.

Keep driver evaluations

- standardized
- formalized
- objective

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Practice is Guided by:



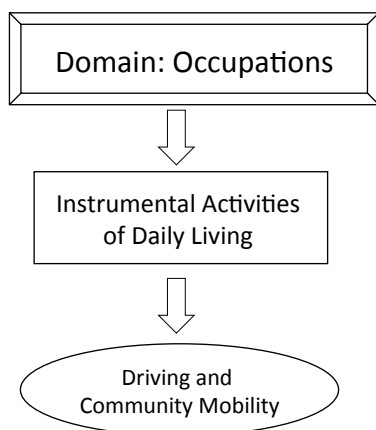
It is ADED's position that any person involved in the delivery of driver rehabilitation services (including but not limited to driver rehabilitation specialists [DRS], driver educators, allied health professionals, mobility equipment vendors, manufacturers, and clients) will conduct themselves in an ethical and professional manner. Driver Rehabilitation Specialists possessing the CDRS™ (Certified Driver Rehabilitation Specialist) certification are committed to such compliance.

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Why do you need to know this?



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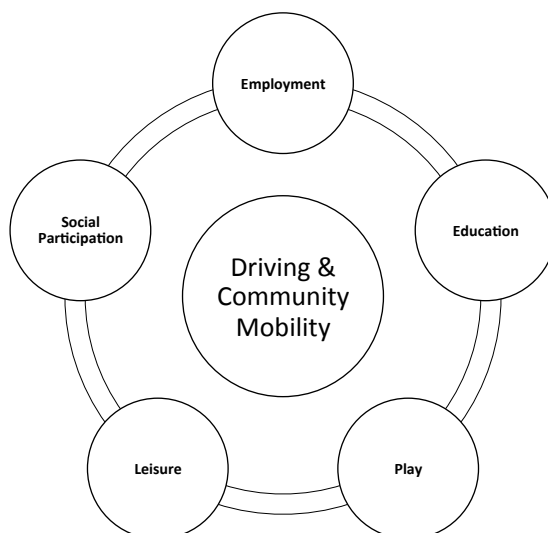
Definition:

Planning and moving around in the community and using public or private transportation, such as driving, walking, bicycling, or accessing and riding in buses, taxi cabs, or other transportation systems.

Doucet, B. M. (2014). From the Desk of the Associate Editor—Quantifying function: Status critical. *American Journal of Occupational Therapy*, 68, 123–126.
 American Occupational Therapy Association. (2008). Occupational therapy practice framework: Domain and Process (3rd ed.). *American Journal of Occupational Therapy*, 68, S1-S48

continued

Instrumental Activities of Daily Living (IADL)



The Importance of Driving

- Independence
- Identity
- Connections to others



Cessation of driving can lead to poor health outcomes, increased health care costs, and decreased access to care (Marottoli, 2000).

Driving is the most meaningful IADL for 27 out of 30 individuals with stroke and caregivers (Dickerson, Reistetter, & Gaudy, 2013).

What Client Populations?

ALL – clients need this IADL addressed!

Referrals for the *specialized* skills of the DRS:

- Clients recovering from medical condition
- Drivers with progressive diseases
- Novice drivers who need specialized equipment and/or learning
- Community mobility for the client as a passenger (equipment)

Models of Delivery

- Broad range of occupational therapy contexts
 - Across the lifespan
 - Across medical conditions /disabilities
- Unique value – of occupational therapy
 - Use occupational therapy skills applied to complex, demanding and high level IADL- driving
 - Consider the needs of that person at that time
- Identify the needs of the client for driving
 - Role of generalist
 - Role of specialist in driver rehabilitation

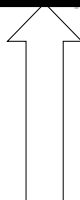
Range of Services

Spectrum of Driver Services: Right Services for the Right People at the Right Time

A description consumers and health care providers can use to distinguish the type of services needed for an older adult.



	COMMUNITY-BASED EDUCATION		MEDICALLY-BASED ASSESSMENT, EDUCATION AND REFERRAL		SPECIALIZED EVALUATION AND TRAINING
Program Type	Driver Safety Programs	Driving School	Driver Screen	Clinical IADL Evaluation	Driver Rehabilitation Programs (Includes Driver Evaluation)
Typical Providers and Credentials	Program specific credentials (e.g. AARP and AAA Driver Improvement Program).	Licensed Driving Instructor (LDI) certified by state licensing agency or Dept. of Education.	Health care professional (e.g., physician, social worker, neuropsychologist).	Occupational Therapy Practitioner (Generalist or Driver Rehabilitation Specialist). Other health professional degree with expertise in Instrumental Activities of Daily Living (IADL).	Driver Rehabilitation Specialist*, Certified Driver Rehabilitation Specialist*, Occupational Therapist with Specialty Certification in Driving and Community Mobility*.



Occupational Therapy Services Include:

MEDICALLY-BASED ASSESSMENT, EDUCATION AND REFERRAL		SPECIALIZED EVALUATION AND TRAINING
Driver Screen	Clinical IADL Evaluation	Driver Rehabilitation Programs (Includes Driver Evaluation)
Health care professional (e.g., physician, social worker, neuropsychologist).	Occupational Therapy Practitioner (Generalist or Driver Rehabilitation Specialist*).	Driver Rehabilitation Specialist*, Certified Driver Rehabilitation Specialist*, Occupational Therapist with Specialty Certification in Driving and Community Mobility*.
Other health professional degree with expertise in Instrumental Activities of Daily Living (IADL).		
Knowledge of relevant medical conditions, assessment, referral, and / or intervention processes. Understand the limits and value of assessment tools, including simulation, as a measurement of fitness to drive.	Knowledge of medical conditions and the implication for community mobility including driving. Assess the cognitive, visual, perceptual, behavioral and physical limitations that may impact driving performance. Knowledge of available services. Understands the limits and value of assessment tools, including simulation, as a measurement of fitness to drive.	Applies knowledge of medical conditions with implications to driving. Assesses the cognitive, visual, perceptual, behavioral and physical limitations that may impact driving performance. Integrates the clinical findings with assessment of on-road performance. Synthesizes client and caregiver needs, assist in decisions about equipment and vehicle modification options available. Coordinates multidisciplinary providers and resources, including driver education, health care team, vehicle choice and modifications, community services, funding / payers, driver licensing agencies, training and education, and caregiver support.

	COMMUNITY-BASED EDUCATION		MEDICALLY-BASED ASSESSMENT, EDUCATION AND REFERRAL		SPECIALIZED EVALUATION AND TRAINING
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How can the spectrum document assist in how to make recommendations for:

- A 75 y.o. male who had a stroke and wants to know if he can drive again
- The wife of a stroke survivor who has not driven often since retirement and a move to Florida
- A teen on the spectrum who wants to get their permit

Spectrum of Driver Rehabilitation Program Services

A description consumers and health care providers can use to distinguish the services provided by driver rehabilitation programs which best fits a client's need.

PROGRAM TYPE	DRIVER REHABILITATION PROGRAMS <small>Administers comprehensive driving evaluation to determine fitness to drive and/or provides rehabilitative services.</small>		
LEVELS OF PROGRAM AND TYPICAL PROVIDER CREDENTIALS	BASIC	LOW TECH	HIGH TECH
	Provider is a driver rehabilitation specialist (DRSP) with professional background in occupational therapy, other allied health field, driver education, or a professional team of CDRS or SCDM with LD**.	Driver Rehabilitation Specialist*, Certified Driver Rehabilitation Specialist*, Occupational Therapist with Specialty Certification in Driving and Community Mobility*, or in combination with LDI. Certification in Driver Rehabilitation is recommended as the provider for comprehensive driving evaluation and training.	Driver Rehabilitation Specialist*, Certified Driver Rehabilitation Specialist*, Occupational Therapist with Specialty Certification in Driving and Community Mobility*. Certification in Driver Rehabilitation is recommended as the provider for comprehensive driving evaluation and training with advanced skills and expertise to complete complex client and vehicle evaluation and training.

- Basic – Individuals with cognitive impairment; not equipment based
- Low tech – Need of modifications to vehicle
- High Tech – Specialty vehicles

continued

Occupational
Therapy
Generalists &
Driver
Rehabilitation
Specialists

COLLABORATION

continued

Occupational Therapists with Expertise
in Driver Rehabilitation

- Experts at evaluating fitness to drive
- Comprehensive driving evaluation
 - Clinical assessment in motor, sensory, perceptual and cognitive
 - On the road evaluation
- Vehicle adaptation, modification, & training



Driver Rehabilitation Specialists (DRS)

DRS signifies one who “plans, develops, coordinates and implements driver rehabilitation services for individuals with disabilities.”

- Requires additional training and education
- Typically does:
 - Driver Evaluations (Clinical and On-Road)
 - Assessment for equipment or vehicle modification
 - Provide documentation
 - Provide training
 - Inspect vehicles and modifications



Certified Driver Rehabilitation Specialist CDRS®

A CDRS® is an experienced practitioner in the field of driver rehabilitation who, through successful completion of a formal certification examination, has proven their capacity to provide services within the full spectrum of driver rehabilitation services.

- Benchmark for quality in driver rehabilitation services
- Must pass a written exam
- Obligated to follow ADED’s Best Practice Guidelines and attests they will adhere to the ADED’s Code of Ethics
- Must maintain focused education to retain certification
- Only ADED can grant the CDRS® certification

ADED is the only organization solely dedicated to the professional educational needs of the driver rehabilitation specialist.





Role of the Occupational Therapy Generalist

Two primary objectives:

- Mobility: Determine what the client wants and needs
- Collaborate with team members to facilitate the best individualized plan for immediate needs and future goals

As occupational therapy practitioners, you are equipped to provide a range of strategies.



Build Your
Occupational
Therapy Toolkit



Step 1. Start the Driving Conversation



continued

Step 2. Identify driving goals of the client



continued

Step 3. Do a Comprehensive OT
Evaluation with Driving Goals in Mind



continued

continued

Step 4: Intervention Strategies



continued

Step 5. Recommendation Options



continued

continued

Lead discussion of driving with the medical team



continued

Collaborate with DRS

- Build a relationship with your local DRS
- Learn more about specific DRS services
- Learn referral procedure



continued

continued

REFERRALS



Referrals to Driver Rehabilitation Specialists

continued

Pathway Between Generalist & Specialist

- Build a working relationship, so time and effort can be reduced
- DRS uses the results from occupational therapy sessions (i.e., found in discharge note) instead of retesting the client with the assessment tools
- If possible, when you know there will be a referral, use resources to assist the DRS in understanding the client's functional level

continued

When is the *Right Time* to Refer to a DRS?

How is the client doing with other complex IADLs? (cooking, medication management, finances)

- No apparent deficits - probably does not need a referral
- Needs a lot of assistance or supervision – probably not ready yet
- I have questions, not sure – have the conversation with the DRS or refer



Occupational Therapist Role: Explain Specialty Evaluation to the Client

- Describe the two major components of the evaluation (clinical and on-road)
- Introduce the specialist by name and program, generally describing his or her experience and expertise
- Inform the client about costs with a clear explanation of the important skills level of a medical professional with specialized training.
- Specify the information the DRS will require for the appointment (e.g., MD referral, current driver's license, glasses)

continued

DRS/CDRS Comprehensive Evaluation

- Clinical Assessment
 - Visual Screening
 - Perceptual –Coordination/Reaction Time
 - Cognitive-Judgment and Decision Making
 - Physical Abilities-ROM, Flexibility, Muscle Strength
 - Rules of the Road
- Behind the Wheel Evaluation
 - Ingress/Egress/Positioning/Equipment stowage
 - Vehicle handling
 - Traffic management
 - Planning and Safety Awareness

continued

BTW Evaluation

- Licensing agencies place a major focus on testing the operational and tactical driving skills
- Comprehensive Evaluation BTW are more comprehensive, focusing on operational, tactical and strategic behaviors
- Considerations/recommendations based on performance as well as disease process
- The outcome of behind the wheel assessments (pass/fail) is determined by the subjective judgment of the evaluator, not by a quantifiable driving score.

continued

How to Find a Driver Rehab Specialist

- ADED Homepage www.aded.net
 - Listing of current ADED members
 - Delineates programs (Basic, Low Tech, High Tech)
 - Allows search options for DRS versus CDRS



Generalist can *never* start the conversation with the specialist too early.

Practitioners Must Understand

- Statutes regarding eligibility to drive
- Medical clearance to drive varies by state
- Occupational therapy practitioners are the resource for clients and their families



Requirements for Licensing

- Minimum Visual Acuity
- Horizontal Visual Fields
- Optional: Seizure & Reportable Medical Conditions
- Optional: Devices & Equipment

Licensing Agencies and Medical Conditions

Each state has a process for driver licensing related to medical conditions, the practitioner should:

- Determine if there is a Medical Advisory Board
- Become familiar with the process
- Become an advocate for the process

For best practice, National Highway Traffic Safety Administration recommends the presence of a Medical Advisory Board at the state level, including occupational therapists as members

Reference: Highway Safety Guideline #13, Older Drivers

References:

- American Occupational Therapy Association. (2014). Occupational Therapy Practice Framework: Domain and Process (3rd ed.). *American Journal of Occupational Therapy*, 68, S1-S48. doi: 10.5014/ajot.2014.68006.
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Questions?

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