

Dementia and Driving



Because driving requires the ability to react quickly to a variety of circumstances, a person living with Alzheimer's will, at some point, be unable to drive. Driving is very personal and often tied with a sense of independence. With a diagnosis, it is important to start having conversations and then monitor for signs that it is time to stop driving. Planning ahead can help ease the transition. Learn more at alz.org/driving

HAVING THE CONVERSATION

- Be empathetic
- Acknowledge a person's feelings
- Preserve the person's independence
- Ensure the person's safety and the safety of others



PLAN AHEAD

- Remember that each situation is unique
- Involve family, health care professionals, trusted friends or an elder attorney
- Confront resistance
- When the person is still in the early stage of Alzheimer's, ask them to sign a driving contract that gives you their permission to help them stop driving when the time comes. For an example, visit bit.ly/Driving_Contract

TRANSPORTATION OPTIONS

- Arrange family or friends to drive
- Arrange a taxi or other driving service
- Use special services for older adults. Visit the Community Resource Finder to learn more, alz.org/crf
- Reduce need by having prescriptions and groceries delivered



SIGNS OF UNSAFE DRIVING

- Forgetting how to locate familiar places
- Failing to observe traffic signs
- Making slow or poor decisions in traffic
- Driving at an inappropriate speed
- Hitting curbs
- Using poor lane control
- Confusing the brake and gas pedals
- Getting scrapes or dents on the car
- Having trouble parking
- Becoming angry or confused while driving
- Returning from a routine drive later than usual
- Forgetting the destination you are driving to during the trip

As the danger with driving increases, you may need to prevent them from being able to use the car. Please call our 24/7 Helpline (800.272.3900). We will assist you in creating a personalized plan.