Addressing driving retirement with our patient: A scoping review

Family Medicine Innovations in Research and Education Day
November 8, 2017 in Montreal

Janet Craik, Dr. Chris Frank

CAOT Professional Development
News & Resources Webinar
Learning Objectives

After taking part in this session, participants will be able to:

1. identify the practical and emotional concerns linked to driving retirement.
2. identify concrete, evidence-based strategies to help transition to driving retirement.
3. determine situations that would benefit from a referral to an occupational therapist.
4. provide suggestions for OT referrals.
What is Driving Retirement?

The Transportation Research Board (2016) defines driving retirement as:

“...the transition from operating an automobile to becoming a passenger or using alternative transportation; this occurs at different rates for different people” (p.11)
Outcomes of Driving Retirement

• When this transition is not well managed, it can lead to:
  
  – Decline in social and physical functioning (Edwards et al., 2009)
  – Decreased participation in out-of-the-home activities (Marottoli et al., 2000)
  – A more sedentary lifestyle (Al-Hassani & Alotaibi, 2008)
  – Double the risk of depressive symptoms (Chihuri et al., 2016)
Scoping review

“What evidence exists to inform the design and delivery of interventions/programs supporting patients through driving retirement?”

Methods

• Articles were identified through various electronic databases
  - Embase
  - PubMed
  - Google Scholar
  - Summon

• Additional articles were found through reference lists

Keywords Used:

<table>
<thead>
<tr>
<th>Driving retirement</th>
<th>Community mobility</th>
<th>Intervention Education program Support group*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Driving cessation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transitioning from driving</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Licence cancellation</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Results: Three Key Themes

1. Perceived Barriers to Driving Retirement (2 articles)
2. Format and Content of Driving Retirement Interventions (3 articles)
3. Description and Evaluation of Existing Programs (10 articles)
Results: Two Domains to be Addressed

– Emotional concerns
  • Coping with loss of autonomy and independence
  • Coping with the loss of an important role/identity

– Practical concerns
  • What alternative transportation options exist?
  • How can alternative transportation be accessed?
  • How much alternative transportation cost?
Other roles for occupational therapists in the area of driving include:

- Evaluating driving capacity
- Ensuring a good fit between driver and car (i.e. optimal seated posture in the vehicle)
- Proposing interventions or vehicle modifications
- Recommending adapted equipment to enhance driving safety
- Help identifying and accessing alternative transportation options
Occupational Therapists & Driving Retirement

• Occupational therapists can **assess and educate** patients on how their health may impact their driving ability and assist in **proactively planning** for this transition

• Occupational therapists are well-positioned and possess the skills and training to deliver **group interventions**

• Occupational therapists focus on **engagement and participation**
Family Physicians & Driving

• Be aware of driving retirement and its implications
• Develop a structured approach to recommendations
• Refer individuals who are retiring from driving to an occupational therapist
• Family physicians also play an important role in identifying individuals who may need to retire from driving
  – Refer individuals for a driving assessment if concerned about safety
  – Familiarize yourself with “refresher” courses available to increase comfort and skill on-road in your community
Referring to Occupational Therapists

- Know the resources in your area
  - The Quebec Government implemented the « groupes de médecine de famille (GMF) » and financial support is available to integrate other health professionals
  - The province of Ontario provide funding to include occupational therapists as members of Family Health Teams, an interprofessional model of primary care.
  - In 2011, the Winnipeg Regional Health Authority and the University of Manitoba joined forces to create The Northern Connections Medical Centre, a primary care clinic that offers screening, diagnosis, medical management and education.
Key messages

• Interventions related to driving retirement can assist in mediating negative outcomes of driving retirement
• Occupational therapists can assist in the driving retirement process
• Include occupational therapy in your family practice
Questions?

THANK YOU
References


Canadian Association of Occupational Therapists

Association canadienne des ergothérapeutes
Scoping Review Reference List


Scoping Review Reference List Cont.


An Example from a Family Health Team

- An occupational therapist from an Ontario FHT paired with the Alzheimer’s Society to deliver the “Traveling a New Road” group program

<table>
<thead>
<tr>
<th>Name</th>
<th>Target Population</th>
<th>Goal(s)</th>
<th>Topics Covered</th>
<th>Format</th>
<th>Outcomes</th>
</tr>
</thead>
</table>
| Traveling a New Road  | Individuals with dementia and their spouses | To fill a gap in the community by providing clients with: a) strategies and resources to remain independent and engaged b) an environment where feelings of loss could be discussed and normalized c) a place where grief related to the loss of a driver's license could be addressed | • The process of driving retirement  
• Symptoms of dementia  
• Health and aging related to driving  
• Driving and the law  
• The experience of loss and grief | Four group sessions were held for 2 hours at a time, once per month (for a total of 4 sessions over 4 months) | • 100% of program participants reported that they understood why they lost their driving privileges following completion of the program  
• Participants reported at least one link to a local community resource to support them through the transition of driving retirement |