

**Surrey**

DriveABLE at CBI Health Surrey, 202 – 7350 King George HWY  
Surrey, British Columbia V3W 5A5  
Phone #: 1-877-224-5355 Fax #: 1-604-852-5828

**Vancouver**

DriveABLE at CBI Health Greater Vancouver, 1861 West Broadway  
Vancouver, British Columbia V6J 1Y5  
Phone #: 1-877-224-5355 Fax #: 1-604-852-5828

**Vancouver**

DriveABLE at Holy Family Hospital, 7801 Argyle Street  
Vancouver, British Columbia V5P 3L6  
Phone #: 604-322-2617 Fax #: 604-321-6886

**Victoria**

DriveABLE at CBI Health Victoria, Suite 101, 605 Discovery Street  
Victoria, British Columbia V8T 5G4  
Phone #: 1-877-224-5355 Fax #: 1-604-852-5828

**MANITOBA**

**Winnipeg**

325 – 530 Kenaston Place, Winnipeg, Manitoba R3N 1Z4  
Phone #: 204-791-7736 Fax #: 204-489-6048

**NOVA SCOTIA**

**Halifax**

Physioclinc – West End Mall, 6960 Mumford Road, Unit 240  
Halifax, Nova Scotia B3L 4P1  
Phone #: 902-423-2605 Fax #: 902-423-4151

**ONTARIO**

**Brampton**

169 Queen Street East, Suite 103, Brampton, Ontario L6W 2B2  
Phone #: 905-796-4959 Fax #: 905-796-4952

**Guelph**

The Wellness Rehabilitation Centre, Unit 1, 41 River Road E.  
Kitchener, Ontario N2B 2G3  
Phone #: 519-749-6787 Fax #: 519-749-6880  
Email: wellness@smgh.ca

**Hamilton**

565 Sanatorium Road, Suite 204, Hamilton, Ontario L9C 7N4  
Phone #: 905-388-1035 Toll Free: 1-800-669-0423  
Fax #: 905-318-8892 Kingston

**Kingston**

The Professional Building, 11 Princess Street, Room 101  
Kingston, Ontario K7L 1A1  
Phone #: 1-613-655-0034 (Toll Free) Fax #: 1-613-224-0270

**Kitchener**

The Wellness Rehabilitation Centre, Unit 1, 41 River Road E.  
Kitchener, Ontario N2B 2G3  
Phone #: 519-749-6787 Fax #: 519-749-6880  
Email: wellness@smgh.ca

**London**

St. Joseph's Health Care London, Parkwood Campus, Room A241  
801 Commissioner's Road East, London, Ontario N6C 5J1  
Phone #: 519-685-4028 Fax #: 519-685-4040

**Milton**

245 Commercial Street, Milton, Ontario L9T 3C3  
Phone #: 1-888-881-3414 Fax #: 1-888-881-3414

**Oshawa**

223 Brock St. N., Whitby, Ontario L1N 4H6  
Phone #: 905-666-8033 Fax #: 905-666-0113

**Ottawa**

1893 Baseline Road, Ottawa, Ontario K2C 0C7  
Phone #: 613-224-6965 Fax #: 613-224-0270

**Owen Sound**

733 – 9th Ave. E. Suite 4, Owen Sound, Ontario N4K 3E6  
Phone #: 519-370-2165 Fax #: 519-370-2441

**Smiths Falls**

DriveABLE at Smiths Falls, 275 Brockville Street, Unit 1F  
Smiths Falls, Ontario K7A 4Z6  
Phone #: 613-283-1980

**Toronto**

Saint Elizabeth Health Care, 1140 Sheppard Ave. West, Unit 4  
North York, Ontario M3K 2A2  
Phone #: 416-398-1035 Fax #: 416-398-3206

**Waterloo**

The Wellness Rehabilitation Centre, Unit 1, 41 River Road E.  
Kitchener, Ontario N2B 2G3  
Phone #: 519-749-6880 Fax #: 749-6880  
Email: wellness@smgh.ca

**Whitby**

223 Brock St. N., Whitby, Ontario L1N 4H6  
Phone #: 905-666-8033 Fax #: 905-666-0113

**Windsor**

Windsor Regional Hospital, Western Campus  
Geriatric Assessment Program  
1453 Prince Rd., Windsor, Ontario N9C 3Z4  
Phone #: 519-257-5112 Fax #: 519-257-5242

**QUEBEC**

**Montreal**

Suite 109B Décarie Square, 6900 boul. Décarie  
Côte St-Luc, Québec H3X 2T8  
Tél #: 514-733-1414 Fax #: 514-733-5005

**YUKON**

**Whitehorse**

Department of Community Services  
Phone #: 867-667-5811 or 867-667-5812

- Or visit the DrivABLE website at [www.driveable.com](http://www.driveable.com)

For more information on NICE or any of the  
NICE tools, please visit [www.nicenet.ca](http://www.nicenet.ca)

**April 2012**



National Initiative for the Care of the Elderly  
263 McCaul Street, Room 328, Toronto, Ontario M5T 1W7  
Tel: 416-978-0545 • Website: [www.nicenet.ca](http://www.nicenet.ca)



[www.nicenet.ca](http://www.nicenet.ca)



**Driving Cessation Information**

## Driving Cessation Information Tool

One of the most important concerns for cognitively impaired older adults is when to cease driving a vehicle due to a decline in driving skills that potentially place the person and others at risk.

Aspects of cognition that are crucial for driving and that are affected most by dementia include loss of memory, poor sequencing skills, impaired judgment, slower processing times, and visual-perceptual deficits. Because of the progressive nature of dementia it is difficult to determine when the person with the disease needs to cease driving. For example, studies have shown that during the very early stages of dementia, the person with the disease can continue to drive but may need monitoring so as to detect the frequency of occurrence of driving errors.

Families need to play a major role in assessing their relative's driving capabilities in the context of a progressive disease such as dementia. Family caregivers need to plan the best strategies for engaging their relative in discussions about driving cessation.

In addition, accessing the help of professional healthcare providers such as the family's doctor will add authority to discussions about assessment of driving ability and raise issues as to individual and public safety.

Most of the responsibility for driving cessation is assumed by the caregiver as they are the first to notice decline in driving skills yet are reluctant to share their observations with the cognitively impaired family member.

Driving cessation has an impact on both the driver and caregiver especially if both have relied on the driver for transportation, food shopping, doctors appointments, social gatherings etc. Consequently, the caregiver needs to obtain support from family members and professionals in achieving the goal of driving cessation for the cognitively impaired relative. Achieving the goal involves engaging the cognitively impaired relative and other family members in a planning process leading to a mutual decision to give up driving and accepting alternate forms of transportation.

**Listed below are some strategies for caregivers to follow.**

*Recommended Strategies to Limit or Discontinue Driving (Perkinson et. al., 2005)*

1. During the early stage of dementia begin to discuss with the cognitively impaired person and other family members the need to start thinking about limiting driving, and plans for discontinuing. Accompany the driver and observe whether the person is anxious and possibly aware of loss of some driving skills.
2. Engage family members in devising a plan for determining the cognitively impaired person's driving capabilities; for example, have them ride with the person to observe driving skills. Insure that all family members are on board and represent a united front in dealing with the necessity for driving cessation.

3. Enlist the help of your physician, local police, nurses, social workers or occupational therapists to convince the person to stop driving.
4. Provide the driver with concrete evidence of their struggles with safe driving by having them undergo a driving evaluation at your local motor vehicle driving authority.
5. Have your doctor write a letter stating that the person should not drive.
6. Make plans with the cognitively impaired person as to how he/she will manage transportation without driving a car. Arrange alternate transportation; family members, buses, taxis etc.
7. Depending on the stage of the disease, the person may insist on driving and deny any problems. Then it may be necessary to remove the keys, license and automobile.
8. Driving cessation is often accompanied by depression due to the loss of function and self-esteem. Consequently it is important that the cognitively impaired person be involved in making plans for driving cessation at the very early stage of the disease. The more involved the person is in making the decision the more likely that the transition from being in control of driving to being driven can be achieved with minimal conflict.

*Perkinson, M.A., Berg-Weger, M.L., Carr, D.B., Meuser, T.M. et al., (2005). Driving and Dementia of the Alzheimer Type: Beliefs and Cessation Strategies Among Stakeholders. The Gerontologist, 45, 676-685.*

## Appendix

**In Canada it is possible to obtain a driving ability test through an organization with branch offices across country.**

## DriveABLE Centres by Province

### ALBERTA

#### Calgary

25C, 9620 Elbow Drive SW, Haysboro Plaza  
Calgary, Alberta T2V 1M2  
Phone #: 403-252-2243 Fax #: 403-253-2627

#### Edmonton

Corporate Office and Assessment Centre, Suite 304, 10050 – 112 St.  
Edmonton, Alberta Canada T5K 2J1  
Phone #: 780-433-1494 Fax #: 780-433-1531

#### Lethbridge

DriveABLE Program, Seniors Health and Bridges Program  
Unit 207, 200 – 4th Avenue South, Lethbridge, Alberta T1J 4C9  
Phone #: 403-317-1463 Fax #: 403-327-6241

#### Medicine Hat

2805 – 13th Avenue SE., Medicine Hat, Alberta T1A 3R1  
Phone #: 403-528-4860 Fax #: 403-527-7414

#### Peace River

10011 – 101 St., Peace River, Alberta, Canada T8S 1T2  
Phone #: 780-624-2581 Fax #: 780-624-4015

#### Red Deer

Regional Rehabilitation Services  
Red Deer Regional Hospital Centre  
3942-50A Avenue, P.O. Bag 5030, Red Deer, Alberta T4N 6R2  
Phone #: 403-309-6180 Fax #: 403-343-4419

#### Wainwright

501 10 Street, Wainwright, Alberta T9W 1R5  
Phone #: 780-842-3341 Fax #: 780-342-5858

### BRITISH COLUMBIA

General Phone #: 1-877-224-5355 General Fax #: 1-604-852-5828

#### Abbotsford

DriveABLE at CBI Health Abbotsford, 34252 Marshall Road, Suite 4  
Abbotsford, British Columbia V2S 1L9  
Phone #: 1-877-224-5355 Fax #: 1-604-852-5828

#### Burnaby

DriveABLE at CBI Health Burnaby, 160 – 5172 Kingsway Ave  
Burnaby, British Columbia V5H 2E8  
Phone #: 1-877-224-5355 Fax #: 1-604-852-5828

#### Courtenay

DriveABLE at Rehabilitation in Motion, 780 Grant Avenue  
Courtenay, British Columbia V9N 2T3  
Phone #: 250-334-9670

#### Kamloops

DriveABLE at Drake Medox Health Kamloops  
164 Oriole Road, Kamloops, British Columbia V2C 6E9  
Phone #: 250-377-0090 Fax #: 250-377-0091

#### Kelowna

Kelowna General Hospital, Rehabilitation Hospital  
2268 Pandosy Street, Kelowna, British Columbia V1Y 1T2  
Phone #: 250-862-4202 Fax #: 250-862-4207

#### Langford

DriveABLE at CBI Langford, 940 Goldstream Avenue, Suite 204  
Langford, British Columbia V9B 2Y4  
Phone #: 250-478-8590

#### Nanaimo

DriveABLE at CBI Health Nanaimo, 4300 Wellington, Suite 101  
Nanaimo, British Columbia V9T 2H3  
Phone #: 1-877-224-5355 Fax #: 1-604-852-5828

#### Nelson

DriveABLE at Kootenay Driver Fitness Inc., 307 – 625 Front Street  
Nelson, British Columbia V1L 4B6  
Phone #: 1-877-224-5355

#### North Vancouver

DriveABLE at CBI North Vancouver  
1111 Lonsdale Avenue, Suite 301  
North Vancouver, British Columbia V7M 2H4  
Phone #: 604-986-8442 Fax #: 604-986-8492

#### Port Coquitlam

DriveABLE at CBI Health Port Coquitlam  
2755 Lougheed Hwy, Suite 630  
Port Coquitlam, British Columbia V3B 5Y9  
Phone #: 1-877-224-5355 Fax #: 1-604-852-5828

#### Prince George

DriveABLE at CBI Health Prince George, 1310 – 5 Ave  
Prince George, British Columbia V2L 3L4  
Phone #: 1-877-224-5355 Fax #: 1-604-852-5828

#### Richmond

DriveABLE at CBI Richmond, #217 – 4800 No. 3 Road  
Richmond, British Columbia V6X 3A6  
Phone #: 604-279-8675 Fax #: 604-279-8672