Consultation of driving cessation for clients with early dementia and their caregivers

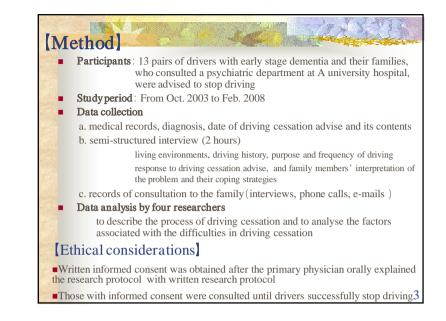


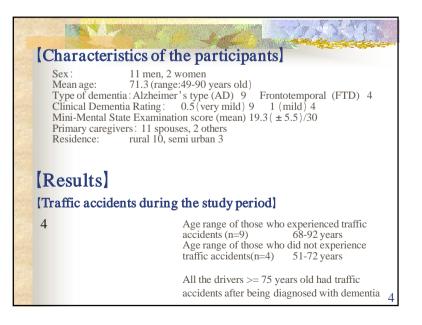
[Background]

- Drivers with dementia pose a threat to public safety as well as a threat to a loss of independence
- Because the majority of patients with dementia are not informed of their diagnosis in Japan, driving cessation at early stage of dementia is difficult
- Cognitive test became mandatory when elderly renew their license in Japan, in June, 2009
- Driving cessation affects residents in rural areas much more than in urban areas in terms of transportation.

[Purpose]

- 1) To describe the process of driving cessation in drivers with early stage dementia
- 2) To discuss how to assist the drivers and their families





| | Watching over | Deciding | d their families |
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| | w atching over | when to stop | Coping with driving cessation |
| | Becoming aware of the changes and looking for solutions | Heightened conflict between within the family, actively seeking solutions | Giving up driving and adaptation to the life without the car |
| Drivers | Declining driving ability (slow responses to brakes and steering wheel, failure to obey traffic lights, failure to keep the distance between the car) Frustration | Problems arise (traffic accidents, getting lost while driving) Heightened desire for a drive Anger, violence toward family members | To keep looking for the car To talk about the car repeatedly To ride a bicycle or to ask the family member to give him/her a ride |
| Families | Noticed the dangerous driving Torn between the desire to keep him/her driving and the wish for driving cessation | To ask him/her to stop driving Conflicts within the family members Increased stress, health problems | To ask relatives or neighbour to give him/her a ride To seek information regarding local resources |

| Z | Watching over | Deciding when to stop | Coping with driving cessation |
|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Neighbour | Noticed the dangerous driving To monitor and exchange information | Complaints from neighbour To ask caregivers or families living with the drivers to do something | To offer the participate a ride for outingTo utilize public service |
| Effective coping by the family | To limit driving (To limit the area to drive, to avoid driving in a rainy day and at night, to switch driving in the city and parking in the garage) To monitor driving skills while riding with the participant To consult with the other relatives | To consult with the police, driver's licensing agency, and health care professionals To persuade the driver to stop driving To seek help from male relatives and friends To obtain physician's official recommendation for driving cessation To interact with the former drivers with same experience | To have a farewell party for the car and to notify neighbour about driving cessation To have empathy for the participant and to listen to him/her To assist the participant to find something to live for To utilize day-service to fulfill desire to go out |

| [Conclusions] Driving cessation for early stage dementia takes many months while some experience traffic accident. Disabling factors for young age, transportation needs, and difficulty in | |
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| months while some experience traffic accident. Disabling | |
| obtaining alternative transportation. | 1 |
| Advising driving cessation by the physician shortly after the diagnosis of dementia is recommended so that effective supports could be offered to make the family understand the dementia and strengthen coping ability for successful driving cessation. | е |
| In an aging society, identifying drivers with dementia at early stage is important so that coaching or counseling could be offered to meet family's need and to explore alternative transport. These supports could assist drivers with dementia to adopt life without a car. | - |

| [Factors associated with driving cessation] | | |
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| Mean duration between the diagnosis of dementia and driving cessation: 2.5 years (Range: 0.1 - 6.7 years) | | |
| Dementia type: Drivers with FTD tend to have more difficulty in giving up driving than drivers with AD. It sometimes required to place them in long-term care for driving cessation. | | |
| Disabling factors: Severity of dementia, Onset of dementia at young age, Transportation needs (agriculture, small business), Care-burden felt by the caregivers, Lack of alternative drivers in the family, Difficulty in obtaining alternative transportation | | |
| Successful cases (no traficc accident) * Those who physician advised driving cessation shortly after the diagnosis of dementia, received monthly counseling and family supportby the nurse * Those who nurses did coaching strengthened coping ability and learned to utilize resources were able to adopt life without the car and and to live with their families until dementia progress | | |