Driving and community mobility: Why Occupational Therapists are reluctant to address this area

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Objectives

• Identify typical barriers to addressing community mobility (driving) with patients.
• Identify strategies for addressing these barriers with patients.
• Understand the step by step process for developing a driving rehabilitation program.
• Become aware of barriers (real and perceived) to developing driving program.
• Increase awareness of resources available to assist in developing a driving rehabilitation program.
Addressing Community Mobility

• What is community mobility?

• How does community mobility fit in the Occupational Therapy Scope of Practice?

• When should Occupational Therapists address driving?
Reluctance to Addressing Driving

• Lack of funds for developing a driving program
• Issues with third-party payment
• Difficulty paying privately for behind the wheel services
• Workforce shortages of trained practitioners
• Productivity requirements of the institute
• Risks (perceived) associated with this intervention

See more at: http://www.aota.org/Publications-News/otp/Archive/2014/6-9-14/Getting-Road-Ready.aspx#sthash.TFE1VcMz.dpuf
Fear: Real or Perceived

Group Discussion
Barriers

Possible concerns or risks:

- Lawsuits
- Knowledge: assessments, laws, complexity of factors which influence outcomes, complexity of knowledge base needed
- Emotional impact of removing access to independence
- Timing of our assessment and intervention
- How to have “the conversation” with patients to continue or not continue driving
Barriers

**FEAR: Why?**

- Want to be in a “helper” role
- Concerned about making patients more anxious when they are ill
- Fear activates amygdala and inhibits functioning of the frontal and pre-frontal cortex
- Fear: activated in patients by their mirroring of our feelings
- Fear: increased by worry about the future, slows cognitive processing

- Pillay, S. (2011)
Overcoming Fear

• Identify your feelings about driving and community mobility
• Demonstrate compassion regarding patient’s emotional status and fears related to community mobility and driving but do so using objective perspective about patient’s abilities and limitations.
• Mirror positive feelings about driving
• Create trust using therapeutic relationships

• Pillay, S. (2011)
Driver Program Road Map


Need
Membership
Resources

Driving Equipment
Resource Notebook
Driver Program Road Map

- Network
- Compare Programs
- Vehicle Information
- Equipment Vendors
- Site Visit
Driver Program Road Map

- Evaluation Forms
- Policies Procedures
- Cost Projections
- Administrative MD Support
- Liability
Driver Program Road Map

Marketing

Behind the Wheel
(Sullivan)

Preliminary Approval
(Sullivan)

Projected Budget
(Sullivan)

Ordering Equipment
(Sullivan)
Driver Program Road Map

Examine the demand and the potential need for the service in your area and explore potential referral pathways.
Driver Program Road Map

• Obtain backing from key personnel in facility

• Present proposal to facility administration and Medical Staff for approval

• Include:
  o Statement of Need
  o Anticipated staff required
  o Rationale for addressing community mobility and driving
  o Benefit of driving rehab program for facility
  o Anticipated expenses for equipment, marketing
  o Space requirements

(Sullivan)
Driver Program Road Map

• Membership in the Association of Driver Rehabilitation Specialist (ADED).
• American Occupational Therapy Association (AOTA).
• Sign up for Listservs and online networking.
Driver Program Road Map

• **Locate Behind the Wheel Instructors**  (Sullivan)
  o Look on ADED web site
  o Contact local driving schools
    o Experience in working with persons with disabilities
    o Availability and willingness to purchase adaptive equipment
    o Willingness to work collaboratively with your facility in developing behind the wheel test and to providing needed documentation.
Behind the Wheel Instructor

• Contact **legal department regarding liability** approval for OT to be in vehicle.

• Request your **legal department to initiate contract** with driving instructor and your facility.

• **Conduct initial meetings with driving instructor** to develop behind the wheel route, forms, reporting mechanisms.

• Sullivan
Driver Program Road Map

Obtain Resources:
- Association for Drivers Educators for the Disabled (ADED)
- AOTA (online courses, publications, DORA)
- AMA Physician’s Guidelines
- AOTA driving documents (policy statements)
- ADED documents
- State of IL. DMV Licensing Requirements (Sullivan)
- CE Courses (AOTA, ADED, Adaptive Mobility Services)
Driver Program Road Map

Request brochures, information and catalogues, and pricing from:
- Driving Equipment Manufacturers
- Driver education equipment companies
- Driving equipment vendors

Develop reference lists:
- Types of equipment
- Pricing
- Vendors
Driver Program Road Map

• **Complete a program comparison from facilities or programs in your state or region:**
  • Age of the program
  ◦ Structure of their program
  ◦ Number of annual referrals
  ◦ Age and disabilities of clients seen
  ◦ Billing/charges for driving evaluation and driver training
  ◦ New drivers and/or experienced drivers
  ◦ Insurers
Driver Program Road Map

• Collect **vehicle manufacturer’s brochures** or download information from their websites.

• Collect information on various models and makes of cars, trucks, and vans.

• Obtain information on **vehicle adaptive equipment rebate programs**.
Driver Program Road Map

• Contact National Mobility Equipment Dealer Association (NMEDA) for a listing of the members in your area.

• Review NMEDA web site: types of adaptive equipment manufactured.

• Make an appointment with all of the local or nearby vendors to meet them and see their facility and inventory.
Driver Program Road Map

• Plan a visit with a large comprehensive driving program preferably in a setting similar to your own.

• Expect to pay a consultation fee.
Driver Program Road Map

Write program policies and procedures:
- Policy summarizing entire driving evaluation process including goals for program, roles of team members
- Procedure for how to process referrals and register patients
- Procedure for pre-registration requirements (Sullivan)
- Client check-in procedure
Policies and Procedures

- Charges/Billing procedure
- Documentation procedure (Sullivan)
- Procedure for referral to other services
- Vehicle maintenance procedure (N/A for programs not owning vehicle)
- Procedure in case of being involved in a crash procedure (N/A for programs not owning vehicle)
Driver Program Road Map

- Design the necessary evaluation forms for your program:
  - **Cover letter to patients** (Sullivan)
  - **Medical/personal history**
  - **Transportation Resource Guide** (Sullivan)
  - **Clinical evaluation**
  - **Summary of Clinical Results** (electronic form and patient summary) (Sullivan)
  - **Behind the Wheel Cover Letter** (Sullivan)
  - **Vehicle and equipment assessment form**
Driver Program Road Map

• **Behind-the-wheel assessment** (Driver Form)
• **Behind the wheel assessment electronic summary** (Sullivan)
• **Behind the wheel assessment summary for patients** (Sullivan)
• **Physician cover letter** (clinical and behind the wheel assessments) (Sullivan)
• **Vendor equipment list**
• **State of IL Department of Motor Vehicles Medical Report Form**
• **Cover Letter to MDs** regarding DMV Medical Report Form (Sullivan)
• **State of IL. Vision Specialist Form** (Sullivan)
Driver Program Road Map

Budget:
- Number of staff to run program
- Purchase of evaluation equipment
- Purchase of adaptive equipment
- Projected revenue and expenses
Budget

- Site visits
- ADED Membership (Sullivan)
- AOTA Membership (Sullivan)
- Registration, hotel and food expenses for attending ADED Conference (Sullivan)
- Marketing
  - Brochures
  - Web site development (Sullivan)
Driver Program Map

• Confirm departmental administrative and physician support for the driving program.

• Obtain professional liability insurance (in addition to what your employer provides)

• Begin marketing the program and service:
  o In-services/lectures (in-house, community, referral sources)
  o Open House
  o Letter announcing program and/or email to physicians/therapists and other referral sources
Conclusion and Questions

• Multiple resources available
• Major focus of AOTA
• Need for occupational therapists to address driving will continue to increase due to baby boomers
• Perfect blending of occupational therapists skills in activity analysis, and ability to look holistically at patients and patient’s ability to engage in occupation.
• Need to address our fears so that we can assist patients in addressing their fears about community mobility and driving.
Questions
Resources

• www.aota.org


• Pierce, S., Davis, E.S., (2010). *Driving and Community Mobility for Older Adults: Occupational Therapy Roles, Revision.* AOTA Online Course (ADED-APPROVED), AOTA: Bethesda, MD.

