

BACKGROUND

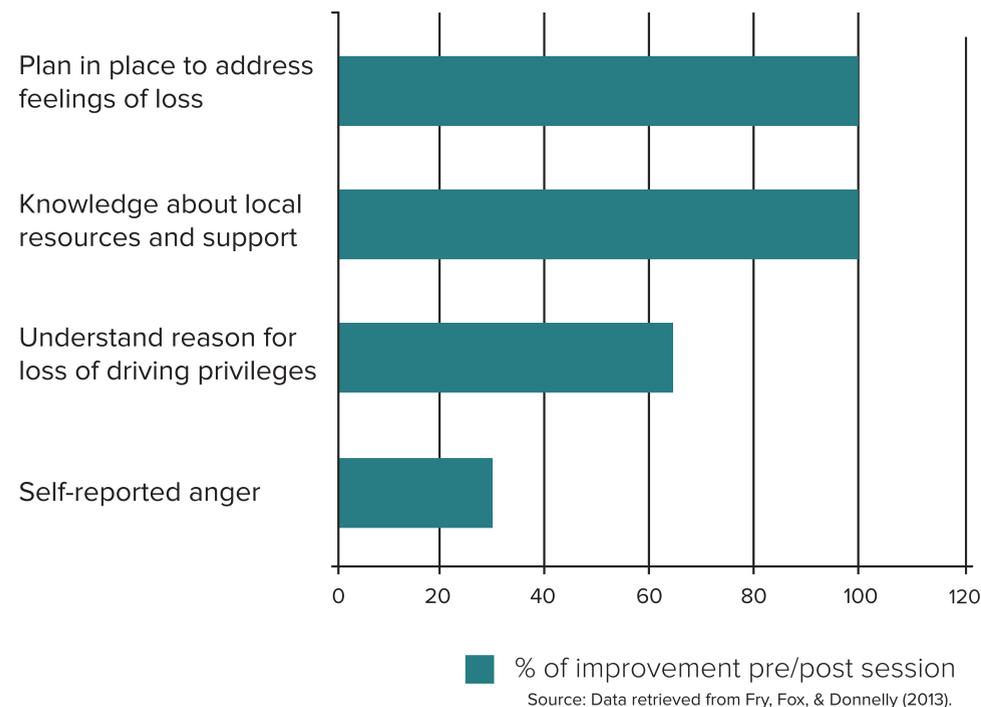
The ability to drive safely decreases with the progression of dementia (Fry, Fox, & Donnelly, 2013). Traveling a New Road is a psycho-educational driving cessation pilot program for patients with dementia who have lost their driver's license (Fry, Fox, & Donnelly, 2013). The program is co-led by the Owen Sound Family Health Team and the Alzheimer Society of Grey-Bruce and meets monthly over a 4 month period (Fry, Fox, & Donnelly, 2013). The program responds to a need in the community to address grief and other emotions that arise due to a loss of driving privileges (Fry, Fox, & Donnelly, 2013). The goal of the program is to provide support, resources, and education throughout the period of role transition following driving cessation (Fry, Fox, & Donnelly, 2013). The partnership between the Owen Sound Family Health Team and Alzheimer Society of Grey-Bruce ensures that patients receive continuity of care, from early detection of dementia to management strategies and local resources (Fry, Fox, & Donnelly, 2013).

METHODS

- The Owen Sound Family Health Team Memory Clinic diagnoses patients with early memory impairment (Fry, Fox, & Donnelly, 2013).
- The OSFHT Memory Clinic utilizes the Trail Making Test A and B, Clox 1 and 2, and the Pentagon tests as a measure of driver's screening.
- The Owen Sound Family Health Team and Alzheimer Grey-Bruce co-designed and co-lead a psycho-educational group called Traveling a New Road (Fry, Fox, & Donnelly, 2013).
- Traveling a New Road is intended for patients with dementia and their spouses, who have lost their driver's license (Fry, Fox, & Donnelly, 2013).
- Course topics include: "the process of driving cessation, driving and the law, and the experience of loss and grief" (Fry, Fox, & Donnelly, 2013, p.25).
- The collaboration between the OSFHT and Alzheimer Grey-Bruce allows patients to receive expert care from an Alzheimer Society nurse who specializes in brain health and disease progression and from an OSFHT occupational therapist with knowledge about activities of daily living and the impact of loss of mobility on socialization (Fry, Fox, & Donnelly, 2013).
- Program format: One 2 hour session per month over a four month period (Fry, Fox, & Donnelly, 2013).
- Pre/post session patient feedback forms utilized to capture client/family program satisfaction, experience of emotional distress, use of community resources, and type of plan in place to address the loss of driver's license (Fry, Fox, & Donnelly, 2013, p. 26).

RESULTS

% IMPROVEMENT PRE/POST SESSION



CONCLUSIONS

- Collaboration and partnership were integral to the success of the program (Fry, Fox, & Donnelly, 2013).
- Occupational therapists play a pivotal role in supporting clients following driving cessation (Fry, Fox, & Donnelly, 2013).
- The effect of peer support was greater than anticipated; clients continued to meet and provide support to one another after the completion of the driving cessation program (Fry, Fox, & Donnelly, 2013).

NEXT STEPS

- Increase the frequency of program offering throughout the year (Fry, Fox, & Donnelly, 2013).
- Provide driving cessation course materials to other Alzheimer Societies, Family Health Teams, and Memory Clinics within Ontario (Fry, Fox, & Donnelly, 2013).

REFERENCES

Fry, D., Fox, B., Donnelly, C. (2013). Traveling a new road: A driving cessation group in primary care. *Occupational Therapy Now*, 15.5, 25-26.

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