DRIVING AFTER TBI: ONE SURVIVOR’S EXPERIENCE

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WHY ARE WE HERE?
VICKI’S STORY
CONSIDER…. 

Poor divided attention/awareness to surroundings 
Decreased Visual Processing and Acuity 
Decreased emotional stability/health 
Impaired Judgement and decision-making
SKILLS NEEDED FOR SUCCESSFUL DRIVING

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<th>Visual Skills</th>
<th>Cognitive Skills</th>
<th>Motor Skills</th>
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<td>Visual Acuity</td>
<td>Visual Perceptual Skills</td>
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<td>Recognition of Colors</td>
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<td>Visual Neglect</td>
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All of these can be impacted by a brain injury. All of these are necessary for safe driving.

(Benoit, 2011)
I stepped up to take charge of MY recovery!
Plan your FIRST step
STEPS FOR SUCCESS

- Decide. Think of something you want to do or work towards. ... Write it down. Carefully. ... 
  - For me it was driving again and getting a car!
- Telling someone we know about our goals also seems to increase the likelihood that we will stick to them.
  - I talked to my Clinical Team, Doctor and my Payee
STEPS FOR SUCCESS

- Break your goal down....
  - See what was exactly wrong with my eyes
  - Work on my emotions so I wouldn’t use the car to run away from issues
  - Work on money management (Budget)
  - Work on my divided attention deficits
AT NEURORESTORATIVE I WORKED WITH...

- OCCUPATIONAL THERAPY
  - We used the Dynavision and Driving simulator and eventually Driving Evaluation (OT/CDRS) for on the road training. This was a very long process.

- SPEECH THERAPY
  - We used strategies to improve my budget, improve divided attention which is necessary for driving safely, and increasing my awareness of my emotions and how they impact my budget, functional problem solving, and judgment. This was also a long process.
COUNSELING

We spent a lot of time learning coping skills, being mindful, and using those skills in my daily life. These are tools that I will need to use for the rest of my life whether I am driving or not.

BEHAVIOR THERAPY

Although I did not directly talk with my behavior therapist very often, this person used information from my clinical team to help me be more aware of my time management, social interactions, and emotional regulation. These are all skills that are necessary for not only driving but my daily life.
CELEBRATE!!!
CELEBRATE!!!
- Determine if driving is an obtainable and desired goal
  - Consider skills needed, discuss with doctor(s), therapy team, support system
- Financial Implications
  - Cost of vehicle, insurance, maintenance, fuel
  - Cost of driver evaluation and training
- Is your license still active? May need to take Driver’s Permit testing again
  - Must have a permit or license for evaluation by a Certified Driving Rehabilitation Specialist
- Off Road and On Road Evaluations
QUESTIONS
REFERENCES


