



DRIVING AFTER TBI: ONE SURVIVOR'S EXPERIENCE

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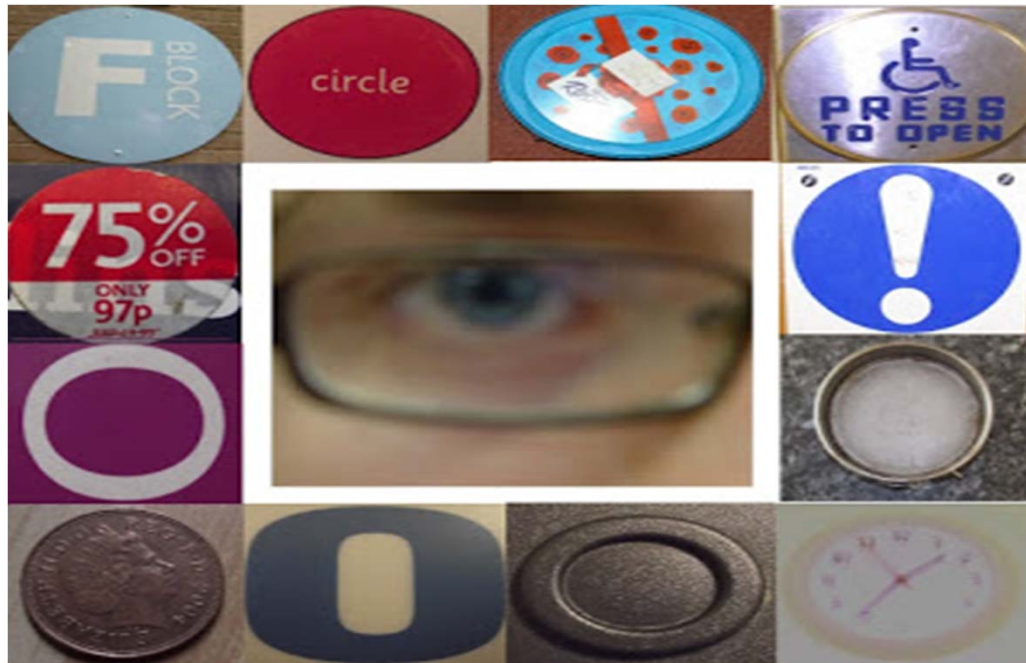
WHY
ARE
WE
HERE?



VICKI'S STORY



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

Visual Skills	Cognitive Skills	Motor Skills
Visual Acuity	Visual Perceptual Skills	Coordination
Recognition of Colors	Judgement	Motor Response Time
Glare Recovery	Memory	Paralysis
Eye Fatigue	Emotional Stability	Spasticity
Divided Visual Attention	Attention	Motor Planning
Visual Neglect	Processing Speed	

All of these can be impacted by a brain injury.
All of these are necessary for safe driving.

(Benoit, 2011)



MOVING FORWARD

I stepped up to take charge of MY recovery!



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

KEEP GOING

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.

KEEP GOING

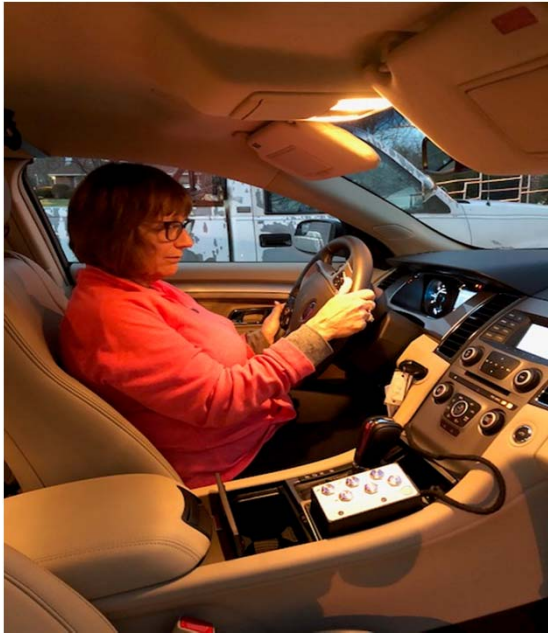
- COUNSELING

- 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!!!



REVIEW

- 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



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