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Driving with dementia: a shared decision approach to planning for driving retirement

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Abstract

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Abstract
Driving with dementia: a shared decision approach to planning for driving retirement

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Background

Driving is important to older people: it promotes independence, social inclusion and quality of life. However, for the 50 million people living with a dementia there is no reliable test to assess driving risk. Due to the wide impact of dementia on the capacity of individuals living with a dementia to drive, early discussions and planning for driving retirement are imperative. This is a challenge because of the limited practitioner education on this topic, the absence of decisional support resources for drivers with dementia and conflicting legislative requirements across regions.

Methods

Mixed methods approach used to collect qualitative and quantitative data using three phases: 1) development and testing of a dementia and driving decision aid for Australian consumers; 2) decision aid translation and cultural adaptation; and 3) development and pilot of a practitioner directed dementia and driving education module.

Results

Phase 1: Content for the dementia and driving decision aid (DDDA) developed from: older people (n=15) reviewing existing resources and an international industry expert development panel (n=13). The structure of the DDDA was informed by international guidelines on decision aids (n=4). Consumer testing (n=32) demonstrated use of the DDDA reduced decisional conflict, improved consumer knowledge and decision satisfaction.

Phase 2: Translation of the Australian DDDA into Greek, Italian, Vietnamese and using online surveys to create cultural adaptation for Taiwan (n=97) and the U.S. (n=145).

Phase 3: Online dementia and driving education module delivered to Australian (n=240) and Taiwanese practitioners (n=82) with significant improvements in dementia and driving knowledge, confidence and competence in pre-post test scores (p<0.01).

Discussion

The dementia and driving decision aid and accompanying practitioner education module provide evidence based tools that are culturally adaptable and acceptable to

consumers and practitioners to support the complex decisions on when to retire from driving for individuals living with a dementia.