



**Canadian Association of
Occupational Therapists**

National Blueprint for Injury Prevention in Older Drivers

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**National Blueprint for Injury Prevention in Older Drivers
Plan d'action national pour la prévention des blessures
chez les conducteurs âgés**

- Funded by Public Health Agency of Canada
- Involved National Advisory Committee
- Partnership with McGill University



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Advisory Committee

- Older drivers
- Health professionals
- Researchers
- Road safety experts
- Governments
- Law enforcement
- Insurers
- Safety standards organizations
- Automobile associations



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Today's objectives

- Present an overview of the Blueprint
- Present key messages and KT activities
- Discuss future of the Blueprint



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Blueprint milestones

National Blueprint for Injury Prevention in Older Drivers Milestones					
VISION: Older adults in Canada will utilize driving practices that prevent injury and promote health, well-being and public safety					
2005-6	2007	2008	2009	2010	2011 & beyond
Report to Chief Coroner of Ontario	Funding received from PHAC to develop a Blueprint	Project Initiation: - Formation of Advisory Committee -Research to inform Blueprint development	Blueprint – production, launch, dissemination Funding extension to continue with Blueprint actions received	Launch public awareness brochures, website re: older driver safety 2010 activity report	Road Safety Year Goal(s): achieve Vision as outlined in the Blueprint

Research for Blueprint:



- Systematic reviews of evidence
- Focus groups with older adults
- Survey of driver intervention programs in Canada
- Survey of capacity-building needs of occupational therapists in Canada



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Systematic Reviews

To assess impact of health conditions on crash risk.
To determine effectiveness of older driver retraining.



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Older Driver Focus Groups

To elicit information on perceptions regarding driver refresher programs



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Older Driver Refresher Program Survey

To obtain information on content, structure, barriers and facilitators of driver refresher programs



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Capacity Building Needs Survey

To determine needs of occupational therapists to:

- Screen, assess
- Provide refresher/retraining
- Adapt vehicles
- Prepare for driving retirement



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Blueprint components

Vision

Guiding principles

Priority goals

Directions for action



VISION

Older adults in Canada will utilize driving practices that prevent injury and promote health, well-being and public safety.

GUIDING PRINCIPLES

- i. Community mobility is integral to older adult health and well-being.
- ii. Older adult rights and public safety are balanced.
- iii. Older drivers are key and involved stakeholders.
- iv. National and regional needs are respected within an integrated and transparent approach that is inclusive of all stakeholders.
- v. Fitness to drive approaches, including injury prevention strategies, are promoted throughout the older driver lifespan.
- vi. Services and resources for older drivers are appropriate and accessible.
- vii. Innovation is fostered, supported, and subject to evaluation.
- viii. Knowledge translation is integral to supporting driving practices that promote health and well-being and prevent injury.

PRIORITY GOALS

- 1. Engage broad support and partnerships to achieve vision.
- 2. Provide information to stakeholders regarding older adult safe driving practices, policies and programs, e.g. older drivers and their families, health care professionals, government officials, law enforcement, and the general public.
- 3. Promote safe driving and mobility options for older adults.
- 4. Engage policy-makers as partners to advance older driver safety issues.
- 5. Ensure relevancy and effectiveness of the Blueprint.

DIRECTIONS FOR ACTION

- 1a. Seek out opportunities for partnerships to address Blueprint goals and directions for action, e.g. engage seniors coalitions to identify and operationalize their potential roles in the Blueprint.
- 1b. Recognize and build upon partnership successes.
- 2a. Increase visibility of older driver issues e.g. injury prevention exhibits at conferences for health care professionals.
- 2b. Develop and disseminate evidence-based user-friendly resources and information, e.g. fact sheets regarding the impact of health conditions for driving and provincial licensing requirements.
- 3a. Conduct collaborative research on older driver safety.
- 3b. Build human resource capacity in health care and human services to address gaps in services for older drivers.
- 3c. Develop, implement and evaluate injury prevention programs and services for older drivers, e.g. older driver refresher programs and screening processes for at-risk older drivers using best available evidence.
- 3d. Encourage development, implementation, and evaluation of alternative mobility options.
- 3e. Recommend directions for future research.
- 4a. Provide current and timely information to policy-makers regarding older driver safety issues.
- 4b. Collaborate with decision-makers on policy issues, e.g. tax credits, insurance rebates, driver assessment and conditional licensing, age-friendly communities, and safer roads programs.
- 5a. Align the Blueprint with other national, regional and international driving and community mobility initiatives.
- 5b. Validate the Blueprint with appropriate stakeholder groups.
- 5c. Monitor the effectiveness of the Blueprint.
- 5d. Monitor and revise the Blueprint as required in order to ensure relevancy and effectiveness.



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Vision

Older adults in Canada will utilize driving practices that prevent injury and promote health, well-being and public safety.



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Priority Goals

1. Engage broad support and partnerships.
2. Provide information regarding older adult safe driving practices, policies and programs
3. Promote safe driving and mobility options.
4. Engage policy-makers to advance older driver safety issues.
5. Ensure Blueprint relevancy and effectiveness.



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Launched February 2009

CAOT - Canadian Association of Occupational Therapists -News - Windows Internet Explorer

http://www.caot.ca/default.asp?pageid=2194

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CAOT - Canadian Association of Occupational Therapists

CAOT - ACE
Canadian Association of Occupational Therapists
Association canadienne des ergothérapeutes

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ABOUT CAOT **MEMBERSHIP** **EDUCATION AND STANDARDS** **PERIODICALS AND PUBLICATIONS** **REPRESENTING OCCUPATIONAL THERAPY** **PROFESSIONAL PRACTICE** **WHAT'S NEW** **OUR NETWORK** **MEMBERS ONLY**

Home > Representing Occupational Therapy > Our initiatives > Older Driver Blueprint > News Blueprint

The Older Driver Blueprint- In the News

CBC's Nancy Wilson interviews Claudia von Zweck, executive director of the Canadian Association of Occupational Therapists (Runs: 5:30)

[Play: Real Media >](#)

[Play: QuickTime >](#)

Our initiatives

- Caseload Management Tool Project
- Economic Literature Report
- Health Policy and Research
- Human Resource

Winnipeg Free Press March 11, 2009 - Safety project aims to help older drivers
http://www.winnipegfreepress.com/life/safety_project_aims_to_help_older_drivers-40410897.html

The Windsor Star Feb 27, 2009 - Cancer or driving?
<http://www2.canada.com/windsorstar/news/story.html?id=30e4f918-60fd-4970-abe3-95526783e89d>


Canadian Press Feb 26, 2009- Blueprint offers strategies to keep older drivers sharp, on the road longer
<http://www.google.com/hostednews/canadianpress/article/ALeQMS5hqpMSezRXix8CndZUSCPdSbniow>

McGill Feb 26, 2009- National Blueprint aims to reduce injury and death of older drivers


Quick Links

- [Project Objectives](#)
- [Project Team](#)
- [Public Discussion Board](#)
- [Links and Resources](#)
- [Contact us](#)
- [Older Driver Blueprint Homepage](#)
- [Advisory Committee Discussion Board](#)


Launched 2010




**Keeping on the go:
Driving safely
as you age**



**Information for
older adults**



**Keeping on the go:
Driving safely
as you age**




**Information for families
of older adult drivers**




**Keeping on the go:
Driving safely
as you age**




Driving & stroke




**Keeping on the go:
Driving safely
as you age**



Driving & diabetes



**Keeping on the go:
Driving safely
as you age**



**Driving &
Alzheimer's disease**



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Keeping on the go: Driving safely as you age



Information for
older adults



Meet Linda...

Linda is 69 years old. She has started to notice difficulties with her vision when driving, especially at night. Linda also feels she has slower responses in driving situations and has less confidence in unfamiliar or busy environments. Last month, Linda's husband had a stroke and can no longer drive, making Linda the main driver in the family. Linda has been asking herself:

What can I do to continue to be a safe driver?

There are roughly 2.7 million drivers over the age of 65 on Canadian roads today. By 2040 there will be almost double the number of older drivers in Canada.



How might age affect safe driving?

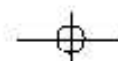
Age alone does not determine a person's ability to remain a safe driver. Many older adults continue to be safe drivers and make decisions to avoid driving situations in which they feel less confident. However, as you age, changes in your abilities make some activities more difficult. It is important to recognize changes that can affect your ability to drive safely. For example:

- **Vision:** You may begin to notice glare and find it more difficult to see in the dark, scan the environment, or see things in your peripheral vision.

- **Phys** stiff, more
- **Cogr** diffic maki wher
- **React** it me in dif



- You l
- You | driv
- You |
- You |
- You |



www.olderdriversafety.ca



OLDER DRIVERS IN CANADA



For Older Drivers & Families

ENTER

For Health Professionals

ENTER



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OLDER DRIVERS IN CANADA *and their Families*



[Home](#)

[Warning Signs](#)

[Safe Driving Strategies](#)

[Community Mobility](#)

[Driving Retirement](#)

[Resources](#)

[GENERAL](#)

[ALZHEIMERS](#)

[DIABETES](#)

[LOW VISION](#)

[STROKE](#)

How might age affect safe driving?

Age alone does not determine a person's ability to remain a safe driver. Many older adults continue to be safe drivers and make decisions to avoid driving situations in which they feel less confident. However, as you age, changes in your abilities make some activities more difficult. It is important to recognize changes that can affect your ability to drive safely.

For example:

Vision

You may begin to notice glare and find it more difficult to see in the dark, scan the environment, or see things in your peripheral vision.

Physical

You may feel weaker, stiff, experience pain or move more slowly.

Cognition

You may have more difficulty remembering things, making decisions or doing activities when there are distractions.

Reaction Time

You may find it more difficult to react quickly in different situations.

Warning signs of unsafe driving

- You lose your way.
- You have less confidence in your driving skills.
- You notice other drivers honk at you.
- You miss stop signs or traffic lights.

Communications and government relations plan 2010

- TV, radio, print ads
- Conference presentations
- Older driver forums
- CJOT, OT Now
- Activity Report 2010



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Globe & Mail
advertisement
April 2010



Occupational Therapists Helping Older Drivers

Do you know someone who...

- Has lost confidence driving in heavy traffic, at night or in bad weather?
- Has been involved in near or minor collisions?
- Is frequently honked at by other drivers?
- Finds it difficult to make left hand turns, merge into traffic or park?
- No one wants to drive with?

To make a change in driving practices:

- Please visit www.olderdriversafety.ca for information on safe driving strategies, planning for driving retirement and information on alternative community mobility options
- Occupational therapists or a certified driver rehabilitation specialist can work with you to evaluate driving abilities, help find alternative transportation and develop programs to improve safe driving. To find an occupational therapist in your area, visit www.otworks.ca

This information is provided as a public service by the Canadian Association of Occupational Therapists (CAOT). CAOT provides national leadership to actively develop and promote the profession of occupational therapy in Canada and internationally. www.caot.ca



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Key messages

- Age related changes that may affect driving
- Age alone does not determine whether an older adult will be a safe driver
- Warning signs
- Safe driving choices
- Strategies enhancing older drivers' safety
- Driving retirement



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Age related changes that may affect driving

- Changes in visual acuity
- Hearing impairment
- Slowed reaction times
- Memory changes
- Age alone does not determine whether an older adult will be a safe driver. Many continue to drive safely well past the age of 75 years



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Warning signs

- Driving too fast or too slow for conditions
- Difficulty with lane changes or left hand turns
- Lack of attention to objects in their peripheral vision
- Involved in minor 'fender bender' or near misses
- Other drivers demonstrate lack of patience



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Safe driving choices

Driving Decisions:

- Limit driving at night
- Avoid driving in poor weather
- Avoid driving at rush hour
- Plan route to avoid driving on limited access highways



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Enhancing older drivers' safety

Education and information

Vehicle technology

Driver refresher education

Driver assessment and
intervention

Community mobility
options



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Driving retirement

Creates fear

- Loss of freedom and autonomy
- Loss involvement in community

Planning may is essential

Efficient and affordable community mobility will aid transition



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Activity Report 2010

Recommendation #1: Recruit institutional and government support to engage broad support and partnerships to achieve the Blueprint's vision.



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Activity Report 2010

Recommendation #2: Attain funding to sustain information actions and relay key messages to increase public awareness around older driver safety.



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Activity Report 2010

Recommendation #3: Coordinate a national annual symposium on older driver safety to capture advances in research, programs and services (e.g., older driver refresher programs and screening processes for at-risk older drivers using best available evidence, alternative transport models).



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Activity Report 2010

Recommendation #4: Create a communications plan to engage policy makers to address older driver safety, driving retirement, and age-friendly community mobility alternatives at all levels of government.



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Activity Report 2010

Recommendation #5: Align Blueprint with 2011 Road Safety Year events.



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CAOT ongoing activities

- Road safety year 2011
- Building capacity
 - OEQ document
 - Webinars, conferences, forums
- Populate www.olderdriversafety.ca
- Strengthen and build networks



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Next steps

- How can we keep the momentum and push the older driver safety agenda in Canada?
- What solutions can be offered
- How can key messages be disseminated?



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practice@caot.ca

www.olderdriversafety.ca

www.securitedesconducteursages.ca



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