

Insists on Driving

<u>I</u>dentify the Problem	<p><u>PROBLEM:</u> Insists on Driving</p> <p><u>GOAL/EXPECTED OUTCOME:</u> To increase driving safety and to be from harm</p>
<u>E</u>xplore	<p><u>ASSESS FURTHER:</u></p> <p>Understand the possible triggers of the problem:</p> <ul style="list-style-type: none"> • Does the person see his/her car keys and think of driving? • Does the person see his/her car and think of driving? • Does the person feel he/she needs the car to get something done? • Does the person feel powerful by getting certain tasks done for the family? • Has the person always had a routine that involves driving, such as going to work or running certain errands? <p>Understand the possible meaning of the problem to the person with Alzheimer's:</p> <ul style="list-style-type: none"> • Does the person feel like he/she is losing his/her independence? • Does the person feel angry? <p>Understand the possible meaning of the problem to the caregiver:</p> <ul style="list-style-type: none"> • Does the caregiver feel guilty? • Is the caregiver scared for the person's safety?
<u>A</u>just Problem solve with interventions and actions	<p><u>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</u></p> <ul style="list-style-type: none"> • If the person tries to drive most in the morning, be prepared with other activities during that time of day • Offer the person other forms of safe, reliable transportation • Reassure the person that he/she will still be able to get to where he/she needs to go • Park the car on another block or in a neighbor's driveway so it is not visible • Do not leave car keys where the person can see them • Replace the car keys with a set that won't actually start the car • Find creative reasons the person cannot drive, such as the car needs to be repaired. If the person accepts this reasoning, continue to use it • Try to get to the car first, so the person does not have time to get into the driver's seat before you • Find another way for the person to feel empowered, such as asking him/her to take control of a different activity • If the person insists on getting a certain task done, assure him/her that it is already taken care of and then redirect to an enjoyable activity <hr/> <p><u>CLINICAL SUPPORT:</u></p> <ul style="list-style-type: none"> • Refer to PCP/social worker for conversations around driving and safety NOTE: Providers must report the diagnosis in accordance with California law • Ask the person's doctor to talk with the person about driving. Sometimes it's helpful for doctors to write a "prescription" for the person to stop driving. If they see it written from the doctor, they might be more likely to follow the instructions. If this is helpful, it may need to be repeated often because the person may forget it happened

	<p><u>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</u></p> <ul style="list-style-type: none"> • Listen empathically to caregiver and evaluate for level of distress • Refer to low cost and accessible transportation services • Refer to Alzheimer’s Los Angeles for support groups, disease education, and care consultation <ul style="list-style-type: none"> ○ ALZ Direct Connect® referral ○ Provide Helpline #: 844.HELP.ALZ 844.435.7259 ○ Website: www.alzheimersla.org • Local Community Resources: <hr/> <p style="margin-left: 20px;">–</p> <hr/> <p style="margin-left: 20px;">–</p> • Send literature: <ul style="list-style-type: none"> ○ Caregiver Tip Sheet – “Driving” (English and Spanish)
	<p><u>FOLLOW UP:</u></p> <ul style="list-style-type: none"> • Schedule a phone call with caregiver to discuss outcomes and provide additional support
	<p><u>NOTES:</u></p> <hr/> <p>—</p> <hr/> <hr/> <p>—</p> <hr/> <p>—</p>