

## What is a Medical Driving Assessment?

An Occupational Therapist considers a person's condition and the impact of this and their medical fitness to drive. Recommendations are then made regarding if and when the person can resume driving, as well as any conditions that might be placed on their licence to ensure their safety on the road.

It is not a driving test; it is a medical assessment that assures safety and peace of mind.

People are referred for any number of reasons. Common examples include:

- Ageing
- Head injury
- Stroke
- Dementia or Alzheimer diagnosis
- Parkinson's Disease

## What is involved?

A medical driving assessment looks at the impact of an injury, disability or the ageing process on your ability to drive and your safety on the road. It is conducted by a specialist occupational therapist (OT), with some input from a driving instructor. The process involves an off-road assessment to check your physical, thinking and decision-making abilities and an on-road assessment checking your medical fitness to drive. The assessment takes 2-3 hours.

### 1. The off-road assessment

This will take place at the office or in your home and takes approx. 1 hour to complete

It's a comprehensive assessment of:

- Vision (basic screening)
- Physical function such as range of movement, strength, sensation and co-ordination
- Judgement
- Memory
- Movement and decision making times
- How your mind understands what you see
- Knowledge of road rules and signs.

## 2. The on-road assessment - drive

- Takes about 40-60 minutes
- Is completed with a professional driving instructor and occupational therapist
- Will include usual driving environments and is usually undertaken in your own car
- Is NOT a driving licence test.

### After the assessment:

We'll discuss our findings and professional recommendations with you. We will also give you a written report, which will automatically be copied to your doctor. Your doctor reviews the report, and then decides whether or not he/she considers you medically fit to drive.

A copy of the report is also forwarded to the New Zealand Transport Association (NZTA) who, based on the assessment report and your medical situation, decide if any conditions should be placed on your licence.

### What does it cost?

The cost of the whole assessment is \$500 plus GST

This includes:

- Off road assessment
- Comprehensive report
- On Road assessment with OT and Driving instructor
- Liaison with GP and NZTA

If following the off road assessment it is clear that an on-road assessment is not necessary the assessment process will stop at this point and the price adjusted accordingly.