


Welcome to today's webinar:

***Driving and Multiple Sclerosis***

Your Presenter is Lyndall Cook  
Your Facilitator is Nicola Graham

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## Housekeeping



Thanks for joining us for this webinar – welcome!

You will be able to:

- hear the presenter
- see the slides
- see the presenter


You do not need to have camera or microphone.

We cannot see you or hear you today, but our system tells us that you are online.

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# Control Panel




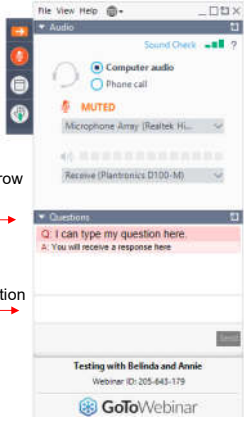
Control panel appears on the right of screen

*If you are using a Mac, a tablet or an iPad, you need to look for the control icons across the top, side or bottom of your screen;*

Click to minimize or maximise →

Click the down arrow on the Questions pane to open →


Type in your question and click send →



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# Handouts



Handouts have been sent separately.  
This contains a copy of the slides presented today and possibly other relevant reading material depending on the topic.


The webinar will be recorded and will be available on our website: [www.ms.org.au](http://www.ms.org.au) via the Webinar library.



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**Polls**




Polls are used throughout our client webinars as a way of making the webinars interactive.

To familiarise you with how they work I will run one now...

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## Acknowledgement



We acknowledge and pay respect to the traditional custodians past and present on whose lands we meet today.

We acknowledge the deep feelings of attachment and the relationship of Aboriginal people to country and respect the cultural authority of the elders in each community.

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## Introduction to Presenter



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## Informed Choice



This presentation has been prepared and is presented by an independent expert.

The views presented are not necessarily the views of Multiple Sclerosis Limited.

Individuals are encouraged to seek further advice regarding the relevance of the information presented for their situation.

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# Driving with MS

LYNDALL COOK  
DRIVER TRAINED OCCUPATIONAL THERAPIST  
DRIVER REHAB SOLUTIONS  
FEBRUARY 2020

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# DRIVING



DRIVING IS A COMPLEX TASK REQUIRING HIGH LEVELS OF SKILL AND ABILITY IN ALL SITUATIONS.

DRIVING IS A PRIVILEGE NOT A RIGHT.

REQUIRES COMPLEX INTERACTIONS OF PHYSICAL, SENSORY, PERCEPTUAL AND COGNITIVE SKILLS.

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# SYMPTOMS OF MS AND IMPACT ON DRIVING

- ▶ Driving potential of drivers with MS requires comprehensive assessment particularly in the presence of cognitive and motor deficits.
- ▶ Impairments from MS:
  - Loss of muscle strength and sensation
  - Physical and cognitive fatigue
  - Reaction time
  - Memory
  - Attention and concentration
  - Planning and judgement
  - Visuo-spatial perception
  - Medication side-effects

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## Have you discussed your driving with your doctor?

- ▶ Yes, in detail
- ▶ Yes, but just in passing
- ▶ No, the doctor hasn't raised it
- ▶ No, I am worried about consequences
- ▶ Other, please provide details



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## ETHICAL AND LEGAL ISSUES

Driver's have a legal obligation to advise the licencing authority of any injury, illness or impairments that affects safe driving.

Health professionals have an obligation to ensure public safety.

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## ASSESSMENT OF DRIVING ABILITY

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Medical Report from GP or Specialist.

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Medical fitness assessed according to AustRoads National guidelines.

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An OT driving assessment may be recommended by doctor.

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The most common recommendation made is a multi-disciplinary team conduct a combination of off-road assessments and an on-road assessment.

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## Do you know what an OT Driving Assessment is?

- ▶ Yes, I've already had an assessment
- ▶ Yes, but I don't want to do one
- ▶ No

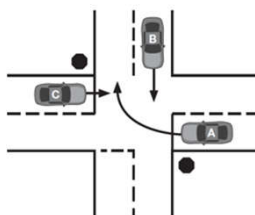
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## OT DRIVING ASSESSMENT

▶ OFF-ROAD ASSESSMENT COMPLETED BY OCCUPATIONAL THERAPIST

- Interview
- Physical Screen
- Visual Screen
- Cognitive Screen
- Road Knowledge
- Emotional status for driving



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## OT DRIVING ASSESSMENT

▶ ON-ROAD ASSESSMENT COMPLETED BY OCCUPATIONAL THERAPIST AND DRIVING INSTRUCTOR IN A DUAL CONTROLLED VEHICLE.

- Driving Instructor ensures safety of vehicle and occupants.
- OT observes impact of MS on driving performance to estimate potential for safe driving.
- Trial of vehicle modifications as required.
- Feedback is provided to allow for demonstration of new learning and improvement.

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## OT DRIVER ASSESSMENT RECOMMENDATIONS

1. Safe to resume driving; reviews may or may not be required
2. Lessons required to upgrade skills
3. Vehicle modifications and lessons required to learn new driving methods
4. Licence cancellation on medical grounds.

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## DRIVING MODIFICATIONS Left Foot Accelerator



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## DRIVING MODIFICATIONS

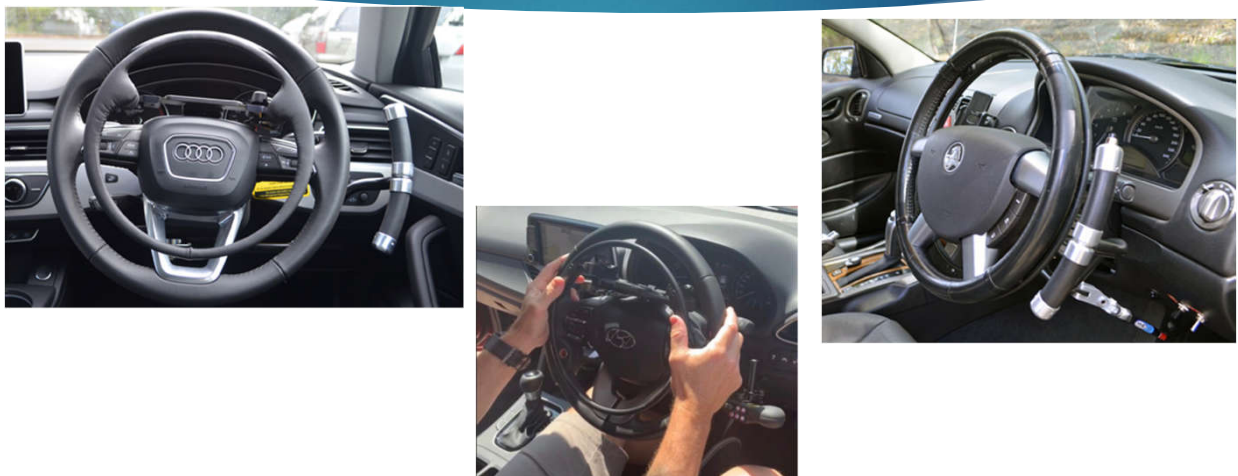
### Hand controls for accelerator and brake



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## DRIVING MODIFICATIONS

### Hand controls for accelerator and brake



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## DRIVING MODIFICATIONS

### Hand controls for accelerator and brake



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## DRIVING MODIFICATIONS

### Hand controls for accelerator and brake

ZERO-EFFORT CONTROLS  
(extensive specialized assessment)



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## VEHICLE MODIFICATIONS Wheelchair stowage



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## VEHICLE MODIFICATIONS Wheelchair Accessible Vehicle



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## OPTIONS FOLLOWING DRIVING CESSATION



COMMUNITY TRANSPORT



TAXI SERVICES WITH TAXI  
SUBSIDY SCHEME



SUPPORT WORKER  
ASSISTANCE WITH  
TRANSPORT

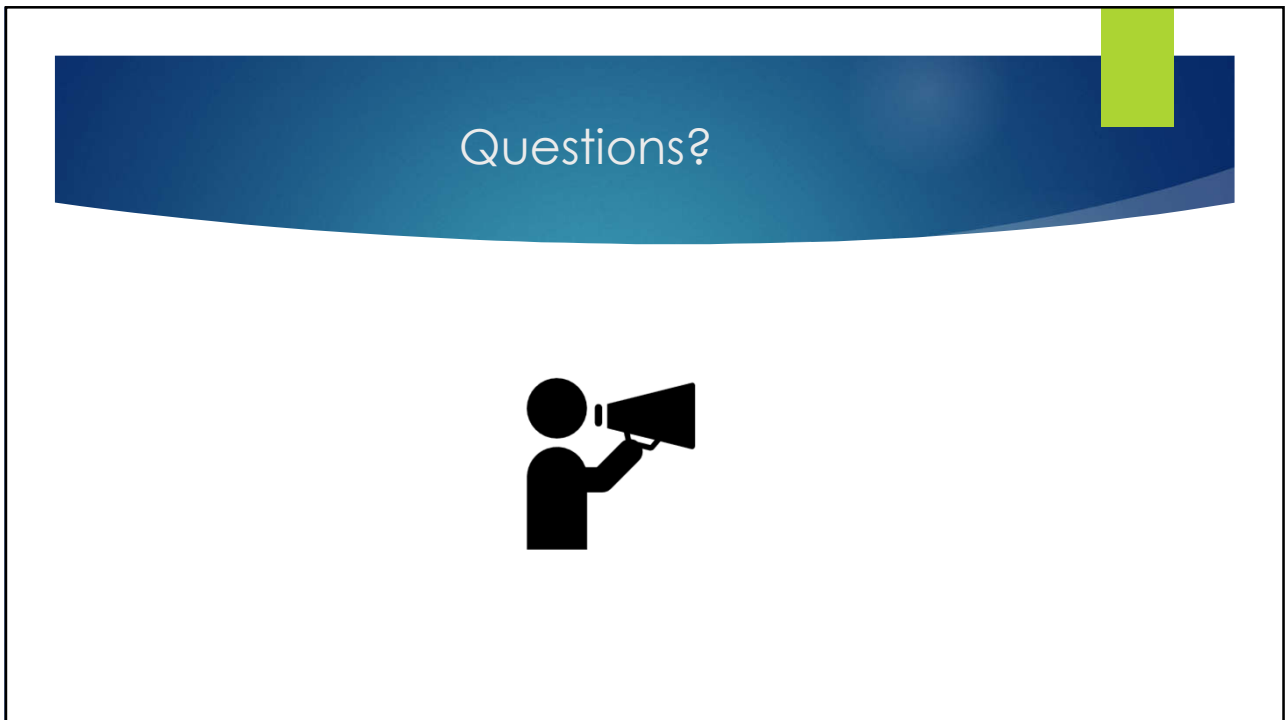
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Do you now feel more comfortable speaking to your treating team about your driving?

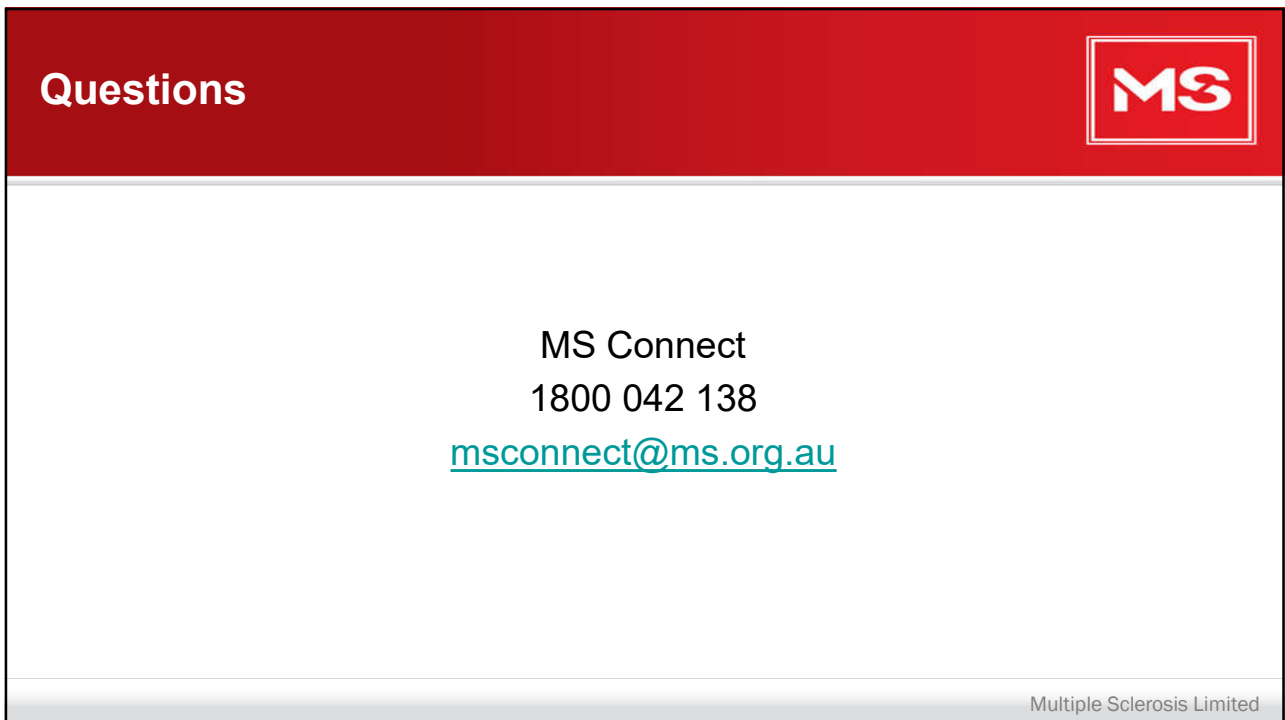
Yes

No

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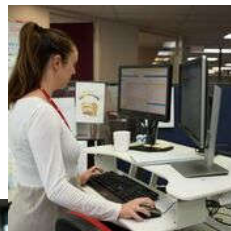
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## MS Connect



### 10 reasons to call us:

1. Up-to-date, evidence based information about multiple sclerosis
2. Expert advice on managing symptoms
3. Information about minimising the impact of multiple sclerosis
4. Support for people who are newly diagnosed
5. Information about treatment options
6. Education programs
7. Connections to other people living with multiple sclerosis
8. Referrals to appropriate services in your area
9. Extra support for you and your family
10. Respite options to give families short-term breaks



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## Peer Support



- ❖ 1:1 Phone Support
- ❖ Face to Face groups
  - 2 in the ACT,
  - 9 in Tasmania,
  - 17 in NSW and
  - 40 in Vic
- ❖ Telegroups
  - Currently running 12 telegroups
- ❖ Facebook groups
  - 3 groups – for people living with MS
  - for carers
  - for young carers – up to 25 years of age



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## Get Your Act Together



- Online Tool – designed to help you better manage your multiple sclerosis symptoms
- Focuses on some of the common symptoms of MS – emotions, fatigue, continence, cognition, pain and heat sensitivity
- Designed for people living in the ACT but includes useful information for all people living with MS
- Complete the tool to receive a personalized report (listing services, resources, tips etc)

Visit [www.ms.org.au](http://www.ms.org.au) and search **Get Your Act Together**

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## Employment Support Services



The MS Employment Support Service (ESS) is the only MS specialist employment service for people living with multiple sclerosis in Australia that can help you succeed at work, whether that is staying in your current job or finding new employment.

MS Connect PH 1800 042 138

Watch this video:

<https://youtu.be/G5eRBnYvkw0>



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Registered NDIS Provider

MS is a registered NDIS provider in NSW, ACT, Vic and Tas and is approved to provide:

- Assistance with 'Access Request Forms', Access rejections and pre-planning
- Support Coordination – assistance to help make your plan active
- Plan Management
- Short term accommodation (Vic)
- Group activities – yoga, dance for health, exercise (NSW)
- Exercise Physiology (NSW)
- Specialist Continence Assessment (Vic)
- Occupational Therapy (NSW and Vic)
- Physiotherapy (NSW)

Want to learn more?  
Please call  
MS Connect  
1800 042 138

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My Aged Care

**My Aged Care** is an Australian Government initiative, website and phone line to help you find about aged care services.

**Available to people who are 65 years of age and over.**

**Why Contact My Aged Care?**

- ✓ Information
- ✓ Assistance in mapping out your needs
- ✓ An assessment for further supports

**Phone:** 1800 200 422 Free call Australia wide

**Website:** <https://www.myagedcare.gov.au>

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**Thank you**



MS Connect  
1800 042 138

[msconnect@ms.org.au](mailto:msconnect@ms.org.au)

Please stay on after this webinar to complete a  
short survey.

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