

Support

The Dementia & Driving project is supported by the Department of Planning, Transport and Infrastructure.



Government of South Australia

Department of Planning,
Transport and Infrastructure



Catalyst Foundation is an inclusive, independent and charitable organisation seeking to improve the lives of all South Australians in the areas of Ageing, Disability, Lifestyle, Employment, Business and Learning.



**Catalyst
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Dementia & Driving: Supporting Driving Retirement

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What is dementia?

Dementia is a condition which gradually disrupts one's memory, speech, concentration, judgement and ability to plan.

The most common forms of dementia are Alzheimer's disease, vascular dementia, Lewy body disease and Frontotemporal dementia.

Three in ten people over the age of 85 and almost one in ten people over 65 have dementia in Australia*. Dementia can be associated with many other conditions and medication use. Some forms of dementia increase the risk of seizures and strokes.

Can dementia affect your driving skills?

Yes. Driving is a complex task. In order to drive safely, we rely upon a variety of skills such as judgement, memory, attention and the ability to assess our surroundings.

Unfortunately, people diagnosed with dementia often lose these important skills. For many, this happens without realising it. Over time, the risk of becoming lost or having a car accident rises significantly.

People diagnosed with dementia wish to drive for a number of reasons: the pleasure of driving; independence; shopping; work; visiting family or friends; going to appointments and travelling. Many people are afraid to discuss driving safety for fear of losing their licence.

What are your options?

- Continue driving with no change
- Stop driving now
- Drive less
- Stop driving later

*Source: Alzheimer's Australia SA

Dementia & Driving: Decision Aid Booklet

The Driving and Dementia Decision Aid (DDDA) booklet has been designed and developed by the University of Wollongong to ease conflict within the family. Family, friends, carers and health professionals, often find it difficult to talk to people diagnosed with dementia about driving until things are at a crisis point. The DDDA booklet supports people with early diagnosis of dementia to plan driving retirement and to make the critical decision themselves whilst supported by their GP, family member or carer.

The DDDA booklet has been divided into four user-friendly stages of decision-making and has been reviewed by international and national experts, consumer groups. Catalyst Foundation hopes the booklet will be a guide to support the community of South Australia.

The four stages of decision making are:

1. Clarifying your decision
2. What do you need to make your decision?
3. Weighing your options
4. What next?



The DDDA booklet can be used by people with an early diagnosis of dementia, as it enables a feeling and an opportunity to take control of the decision as well as to feel a sense of empowerment over the decision to retire from driving rather than a feeling of grief and loss of independence.

The Dementia and Driving Booklet is available in four languages: Vietnamese, Italian, Greek and English.

To learn more about Dementia and Driving and to download the Dementia and Driving Decision Aid Booklet visit www.catalystfoundation.com.au