

# TO DRIVE OR NOT TO DRIVE?

Driving is a life-skill that allows a person to be self-reliant, independent and mobile. Unfortunately, people who have Parkinson's Disease / Tremor-related conditions often experience a number of involuntary movements and changes to their bodily function, which may interfere with driving and compromise on safety.

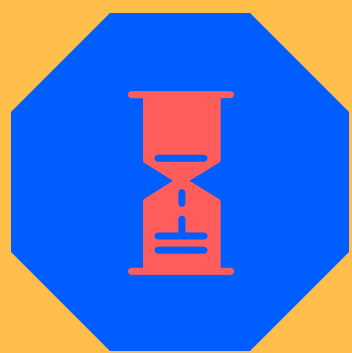


Here are some questions to consider when determining whether or not to drive:



## VISION

- Do you distinguish colours well? e.g. change in traffic lights
- Are you able to see well in the nighttime?
- Can you blink normally? i.e. no erratic blinking



## REFLEXES & REACTION TIME

- Are your reflexes still intact?
- Can you still react quickly to sudden changes on the road?



## MULTI-TASKING

- Are you able to handle more than one-task at the same time? e.g. driving and planning your route ahead, listening to the GPS as it dictates directions, switching gears, etc.



## STRENGTH

- Can you turn the steering wheel without much effort?
- Can you press on the brake and clutch pedals with enough strength?



## MEDICATION

- If you take medication, are you certain that they do not cause drowsiness, fatigue, blurry vision or confusion?



## SELF-CONFIDENCE

- Do you feel strongly that you will not endanger the lives of others?
- Are you confident that no one around you has commented negatively about your driving?



We hope this check-list helped to kick-start your decision making process. Where possible, do also get an on-road assessment at a local Department of Motor Vehicles or through a Driving Rehabilitation Specialist.

\*Note that the above is for informational purposes only and does not constitute medical advice. Always seek the advice of a physician/qualified health provider with any questions you may have regarding your condition.

Reference: <https://parkinsonsdisease.net/living-with-pd/driving/>

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