

At the Crossroads: Course Overview

The purpose of this course is to:

- Help family members decide when and how a person with dementia should limit or stop driving, and
- Prolong the independence of drivers with dementia while protecting their safety and that of others on the road.

TIMEFRAME

3 sessions, 2 hours each

SESSION 1: Assessing Driving Ability and Activity

Date/Time _____

APPROXIMATE TIMING	ACTIVITIES AND LESSONS	MAIN QUESTIONS TO BE ANSWERED
15 Minutes	Introductions and course overview	
30 Minutes	Lesson 1: Driving and the Brain	How can cognitive changes affect driving skills?
15 Minutes	Break	
30 Minutes	Lesson 2: Warning Signs for Drivers with Dementia	How can I know if a person should stop driving?
20 Minutes	Lesson 3: Assessing Transportation Needs	Where, when and why does my relative drive?
10 Minutes	Homework and Summary	

SESSION 2: Building Family Cooperation and Communication

Date/Time _____

15 Minutes	Experiences	
15 Minutes	Lesson 4: Getting There	What are my transportation alternatives?
30 Minutes	Lesson 5: Not Going It Alone	Who can offer support?
15 Minutes	Break	
30 Minutes	Lesson 6: Conversation Planner	How can I have good conversations about not driving?
15 Minutes	Homework and Summary	

SESSION 3: Knowing All Your Options

Date/Time _____

20 Minutes	Experiences	
20 Minutes	Lesson 7: Agreement with My Family	How can driving be included in advance planning?
20 Minutes	Lesson 8: The Role of Healthcare Providers	How can I get doctors to help?
15 Minutes	Break	
25 Minutes	Lesson 9: "Last Resort" Strategies	If all else fails, then what?
20 Minutes	Closing Activities	