

## Cognitive Behavioural Therapy (CBT)

CBT is directed at solving problems related to driving and modifying inaccurate or unhelpful thinking and behaviour that usually limits driving.

- ❖ CBT is used for those with anxiety related to:
  - Passenger Anxiety
  - Pedestrian Anxiety
  - Driver Anxiety

**Psychotherapists** conduct sessions to address the persons specific anxiety.

- ❖ **Passenger anxiety** can occur as a result of being involved in a collision. It can produce considerable fear and avoidance of travelling in a vehicle.
- ❖ **Pedestrian anxiety** is related to being struck by a vehicle as a pedestrian.
- ❖ **Driver Anxiety** can occur as a result of being involved in a collision and can result in avoiding driving altogether.

CBT focuses on targeting the thoughts/ideas evoked by the anxiety to get the person driving again so they are able to lead a functional life.

## Who are We?

- ❖ Registered Occupational Therapists
- ❖ Registered Psychotherapists
- ❖ Driver Rehabilitation Specialists
- ❖ Active Members in Good Standing of The College of Occupational Therapists of Ontario (COTO)
- ❖ Members of the Canadian Association of Occupational Therapists (CAOT)
- ❖ Members of the Ontario Society of Occupational Therapists (OSOT)
- ❖ Members of the Association of Driver Rehabilitation Specialists (ADED)
- ❖ Lecturers on various topics related to driving at various conferences and shows in Canada and in the US
- ❖ Driver Rehabilitation Specialists have over 26 years of experience



## DriveAgain

Driver Rehabilitation Services

### Our approach is unique...

- ❖ For the assessment we take all clients on the road regardless of in-clinic performance (if vision meets MTO requirements)
- ❖ We carry out in-vehicle treatment for those who drive commercial vehicles including straight trucks, tractor trailers and buses
- ❖ We provide work hardening programs at the workplace for clients with work related injuries that require driving (i.e. truck drivers, city bus drivers, delivery truck drivers, etc)
- ❖ We offer a practical, functional approach to regaining driver independence by increasing the complexity and level of difficulty for treatment gradually and systematically
- ❖ Occupational Therapists (OT), Psychotherapists and Driver Rehab Specialists work as a team to monitor client's progress
- ❖ Our staff are sensitive to the needs of our clients and we recognize that driving is a privilege that offers independence and freedom

driveagain@driveagain.ca  
www.driveagain.ca

## DriveAgain

Driver Rehabilitation Services

Serving all of Ontario  
with offices in Toronto,  
Burlington and St. Catharines

Ministry of Transportation Approved  
Functional Assessment Centres

2700 Dufferin Street, Unit 44  
Toronto, ON M6B 4J3  
Tel: 416-640-0292 | Fax: 416-640-0302

5045 Mainway, Unit 101  
Burlington, ON L7L 5Z1  
Tel: 905-632-2410 | Fax: 416-640-0302

245 Pelham Road, Suite 114  
St. Catharines, ON L2S 1X8  
Tel: 905-632-2410 | Fax: 416-640-0302

Toll Free 1-888-640-0292

driveagain@driveagain.ca  
www.driveagain.ca



# Who Benefits from Our Services?

**DriveAgain** is dedicated to assisting those with injuries, disabilities or driving difficulties to regain driving independence.

We see clients who have been involved in motor vehicle collisions, workplace accidents or who have been referred by a physician, lawyer, adjuster or a family member.

**DriveAgain** provides driver rehabilitation programs for people with medical conditions that affect driving skills.

## Specific Medical Conditions include:

- ❖ **Cognitive**
  - Alzheimer's Disease / Dementia
  - Brain Injuries
- ❖ **Physical / Neurological**
  - Spinal Cord Injuries
  - Amputation
  - Stroke
  - Injuries affecting sensation or range of motion
- ❖ **Vision Impairments**
  - Low Vision - i.e. Glaucoma
  - Diabetic Retinopathy
  - Visual Field Loss
- ❖ **Psychological**
  - Driver Anxiety
  - Passenger Anxiety
  - Pedestrian Anxiety
  - Depression
  - Other Mental Health conditions



# Programs

## 1. Cognitive / Physical Assessments

Registered Occupational Therapists perform in-clinic functional assessments to determine the client's driving capabilities by using standardized tests and other tools.

### Assessments Evaluate...

- ❖ **Essential driving skills that include:**
  - Reaction time, processing speed
  - Attention, concentration
  - Decision making
  - Judgement, insight
  - Visual perception, depth perception

### Assessments Include...

- ❖ **Clinical Evaluation**
  - Evaluation includes cognitive, physical, visual perceptual testing, safety awareness and a visual screen performed by an occupational therapist
- ❖ **On-Road Evaluation**
  - Assesses the effects of a medical condition on the person's ability to drive
  - Is conducted by a driver rehabilitation specialist and an occupational therapist in a dual-brake equipped vehicle

## Treatment

- **Driver rehabilitation** is in the form of driver training to improve driving skills related to the person's medical condition
- **Progress evaluations** are conducted to determine the person's ability to apply new skills taught to their driving



## 2. Anxiety Assessments

### Assessments Evaluate...

The extent of the anxiety by using questionnaires and by interviewing the client's medical history to determine specific symptoms interfering with driving

### Assessments Include...

- ❖ **Clinical Evaluation**
  - Conducted by a Registered Occupational Therapist (OT) to determine a treatment plan for specific anxiety related symptoms for either pedestrian anxiety, passenger and/or driver anxiety
- ❖ **On-Road Evaluation**
  - Conducted by a driver rehabilitation specialist & an OT to assess their current driving status, either as a passenger or driver depending on persons anxiety level
  - Client may participate in the on-road evaluation as a driver or as a passenger

## Treatment

- **Cognitive Behavioural Therapy (CBT)** is used to address the thoughts and behaviours that limit or prevent the person from driving (imaginal exposure)
- **Desensitization Training** is used to gradually increase exposure and level of difficulty to increase driving confidence and reduce unwanted anxiety (in-vivo exposure)

# Services

- ❖ Driver Assessments and Training
- ❖ Prescriptions for Adaptive Equipment including hand controls, left foot gas, reduced effort steering and braking
- ❖ Cognitive Behavioural Therapy (CBT) for those with anxiety related to driving
- ❖ Driver Desensitization Programs
- ❖ Work Hardening Programs for Commercial Drivers
- ❖ Follow up and Progress Evaluations

- **DriveAgain** vehicles are equipped with a range of modifications to meet needs of the client
- **DriveAgain** Services are directed at all ages from 16 to 92, depending on needs and conditions



driveagain@driveagain.ca  
www.driveagain.ca