Improving Safety on the Road through Occupational Therapy Intervention

Katherine Uschmann
Zachary Childs

Follow this and additional works at: https://digitalcommons.usm.maine.edu/thinking_matters
Part of the Occupational Therapy Commons
Improving Safety on the Road through Occupational Therapy

Zachary Childs, MOTS  Katherine Uschmann, MOTS  Susan Noyes, PhD, OTR/L

Clinical Question
What off-road interventions can an occupational therapist use to help improve safety on the road for clients with cognitive impairments?

Key Findings
- Classroom education can improve self-regulation but should be augmented with on-road instruction to impact driving performance.
- Simulator training with personalized feedback shows more promise than cognitive-perceptual training.
- Physical training with cognitive challenges improves the speed of driving behaviors.

Interventions
- Simulators & Virtual Reality
- Classroom Education
- Education + On-Road
- Cognitive-Perceptual
- Physical Exercise

Directions for Future Research
- Studies among people with cognitive impairments or multiple diagnostic groups
- Longitudinal studies exploring crash rate or delayed driving cessation over time
- Multi-modal interventions combining education, simulators/on-road training, and physical exercise

Bottom Line
A wide range of interventions exists and there is no one-size-fits-all approach. Identify clients with the best potential to benefit from intervention and individualize the interventions on a case-by-case basis. Consider partnering with a driving specialist or investing in simulator technology to provide holistic training.

References available upon request: zachary.childs@maine.edu or katherine.uschmann@maine.edu

Photo credit: https://www.google.com/search?q=road+picture&source=lnms&tbm=isch&sa=X&ved=0ahUKEwiSu7Cez4DcAhUHoYMKHiaSzASQ_AUICgB&biw=1536&bih=710#imgrc=GEZ55p5U6ZiXbM.