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Improving Safety on the Road through Occupational Therapy Intervention

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Improving Safety on the Road through Occupational Therapy

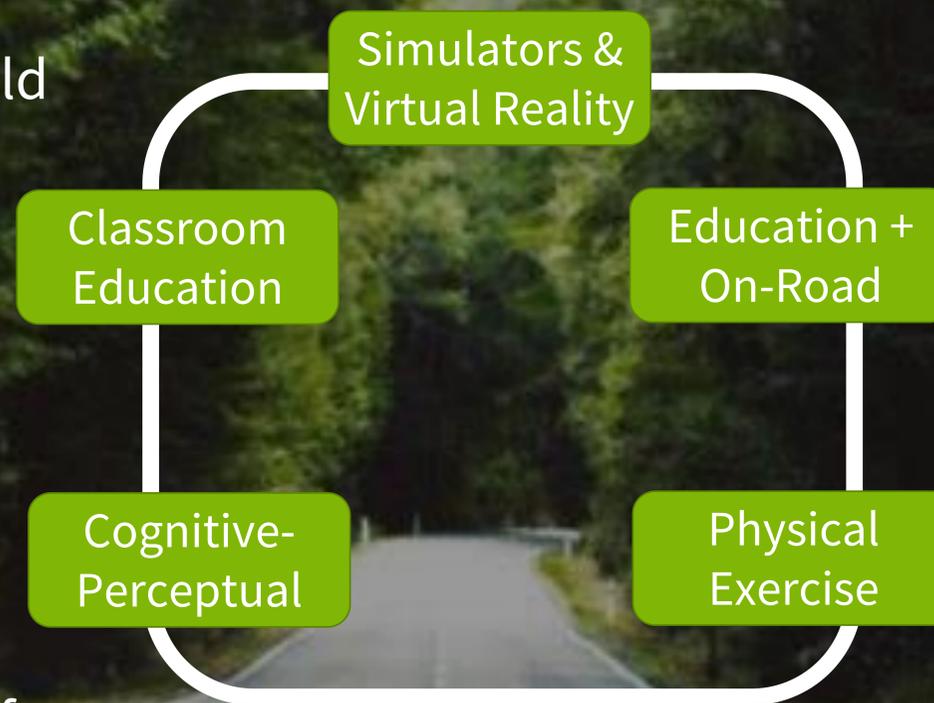
Clinical Question

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



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.