Developing a decision aid for drivers living with dementia: supporting consumers and carers in the process of making decisions about driving retirement

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Abstract

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Developing a decision aid for drivers living with a dementia: Supporting consumers and carers in the process of making decisions about driving retirement

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Introduction: Current practice and research in driving and dementia focuses on testing capacity. Decisions are often forced on individuals. We adopted an alternative approach of developing a decision aid to enable consumers with a dementia to participate in decisions about driving retirement.

Objective: Report on the development of a consumer informed decision aid for drivers with dementia

Method: A mixed method study undertaken in the community with drivers over 55 including those living with a diagnosed dementia. Qualitative interviews were undertaken to develop the content for a decision aid and questionnaires used to format a decision aid booklet. Thematic analysis was undertaken with interview data and descriptive statistics with the questionnaire data.

Results: Drivers over 55 years (n=15) participated in interviews and five themes were generated: (i) views of trusted people are important; (ii) on-road experiences are most convincing; (iii) let's discuss this before my judgement is compromised; (iv) knowing my alternatives would influence my decision; and (v) informative resources that include self-monitoring tools are useful. The decision aid booklet was reviewed by an expert panel then evaluated by individuals living with a dementia (n=15). The decision aid for driving and dementia (DADD) includes check lists and questions to inform consumer decisions.

Conclusions: The DADD can be used by consumers, carers and practitioners to enable individuals living with a dementia to actively participate in decisions about driving retirement. The next phase of the research will test the impact of the DADD on health care outcomes of individuals living with dementia.