

# What is Driving Rehabilitation?

- CRHC's Rehabilitative Driving Program is designed to assess and support individuals who may be experiencing changes in their ability to drive due to medical conditions, aging, or other physical disabilities.
- The program includes a thorough evaluation of physical, cognitive, and visual abilities, as well as on-road assessments to ensure safe driving practices.
- This program is available only by referral from a medical provider.
- Insurance will likely not cover on-the-road assessment and training.

## Meet Abbey Orme

MOT, OTR/L, DRS

She's our Occupational Therapist (OT) who will lead this program and be with you every step of the way, from your evaluations to on-the-road assessments.

Abbey will work to ensure you get the adaptive equipment you need in order to maintain your independence with driving a vehicle



## Contact Information for CRHC Rehab & Sports Medicine Center



### East of CRHC

220 Essie Davison Dr., Clarinda, IA



### Clinic Phone

712-542-8224



### Hours of Operation

Monday - Friday 6:30am - 5:30pm



### Learn More About CRHC

[www.ClarindaHealth.com](http://www.ClarindaHealth.com)

## Advancing Exceptional Care

We're excited to offer this much-needed service to our community and anticipate a high level of interest. As a result, there may be a waiting list to participate in CRHC's Rehabilitative Driving Program.

We appreciate your patience and understanding as we work to accommodate everyone safely and efficiently.



*Advancing Exceptional Care*



# Driving Rehabilitation Program

220 Essie Davison Dr. Phone 712-542-8224  
Clarinda, Iowa 51632 [ClarindaHealth.com](http://ClarindaHealth.com)





## Who Might Need A Driving Evaluation?

- Someone who has had a major medical illness/event
- Physical impairments
- Diminished night vision
- Hearing problems
- Reduced memory
- Slower reaction time
- Shorter attention span
- Forgetfulness
- Increased anxiety & agitation
- Frequent falls
- Poor Eye Sight
- Lagging Reflexes
- Stiff joints
- Weak Muscles

## Adaptive Equipment

Our Driving Rehab Specialist will identify and prescribe any adaptive equipment needs you may have. Here are a few pieces of adaptive equipment that may commonly be prescribed:



### Hand Controls

These controls enable a driver to manage both the brake and gas pedal through levers that are mounted below the steering wheel and attach directly to the pedals.



### Left Foot Accelerator

This equipment modifies the accelerator pedal, positioning it to the left of the brake. This adjustment enables individuals who have lost the use of their right leg to safely operate the gas and brake pedals.



### Steering Attachments

This equipment is attached to the vehicle steering wheel to permit safe operation and aid in turning the wheel for drivers who must steer with one hand.

If you need adaptive equipment, our referrals can be made to a local partner, Shore Motor Company, or any other preferred NMEDA-certified dealership.



**SHORE**  
MOTOR CO.

222 South 16<sup>th</sup> Street  
Clarinda, Iowa 51632  
Phone: 712-542-6581

## Driving Rehab Process

### START WITH YOUR PCP

First, you'll schedule a visit with your primary care provider to discuss your driving concerns, whether they're related to a recent medical event, diagnosis, injury, or changes in mobility or cognition. That's when a referral can be sent to our driving rehab program.

STEP 01

### CLINIC ASSESSMENT

During your first clinic visit, we will complete several evaluations of essential skills needed for safe driving. Testing includes vision, motor skills, sensation, and cognitive function. An on-the-road driving evaluation could follow if approved by our DRS/OT/Therapist.

STEP 02

### ON-THE-ROAD DRIVING

If you're cleared after the clinical assessment, we'll move forward with a behind-the-wheel evaluation. This takes place in CRHC's specially equipped driving rehab vehicle, with Abbey, our Certified Driving Rehab Specialist. You'll drive on familiar community routes while Abbey observes your ability to safely operate a vehicle in real-world conditions.

STEP 03

### MODIFICATIONS OR TRAINING

During the on-road evaluation, Abbey will determine if you might benefit from:

- Hand controls or pedal modifications
- Adaptive seating, mirrors, or other assistive devices
- Additional training to rebuild or refine driving skills

STEP 04

### RESULTS/PLANNING NEXT STEPS

After both evaluations, Abbey will review all findings and discuss results with you. Based on performance, the next steps may include an RX for adaptive equipment, more driving training, or, if driving is not recommended, support and resources for transitioning to driving retirement will be discussed.

STEP 05