

NOW OFFERING

# DRIVING ANXIETY PROGRAM

Improve driver confidence, learn strategies to manage anxiety and return to functional driving.



## What is driving anxiety?

Anxiety can present itself in a variety of ways and can stem from negative or traumatic experiences. Driving anxiety occurs when one experiences anxiety or nervousness while driving or when thinking about driving. Driving anxiety can interfere with the ability to complete activities of daily living and can feel like it is controlling life choices. Avoiding social activities, grocery shopping or even going to work are some ways driving anxiety may be having an impact.

## Program overview

The Driver Anxiety Program uses a two-part assessment of the client's anxiety as it relates to driving. It is a comprehensive evaluation, involving both in-clinic and on-road assessment.

Following the two-part assessment, a detailed report summarizing treatment recommendations is provided. The report includes an individualized rehabilitation plan, including in-clinic sessions with an Occupational Therapist to learn symptom management strategies and on-road lessons with a Driving Instructor to habituate these strategies when driving.

### Part 1

A 90-minute in-clinic driving screen completed by an Occupational Therapist that includes:

- clinical interview to assess medical history, ongoing treatment, self-awareness and driving status.
- physical assessments to evaluate range of motion, coordination, sensation and tolerance.
- cognitive assessments to evaluate visual and perceptual abilities.

### Part 2

A 90-minute in-vehicle assessment completed with an Occupational Therapist and an experienced Driving Instructor with use of a dual-controlled vehicle. During this on-road component, the client will be observed in a variety of driving scenarios to assess their judgment and decision-making abilities, as well as their ability to utilize strategies in stressful situations.

### Eligibility Criteria:

Clients must hold a valid driver's license and have no medical restrictions related to driving.

For more information or to book an appointment, please contact:



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