

DRIVING ACTIVITIES: WHERE, WHEN AND WHY?



This worksheet can help you determine where, when and why your relative with dementia drives, and then how to reduce the need to drive without compromising the physical and social benefits of driving.

Type of Activity	Activity or Destination	How often? What day and time?	Who is he/she with while going to or participating in activity?	What changes could reduce the need to drive?*
Routine: Frequent trips (daily or weekly), usually for tasks (shopping, exercising, visiting, etc.)	<i>Example: To a local convenience store for milk, bread, etc.</i>	<i>2 or 3 times/week</i>	<i>Travels alone. Chats with store manager</i>	
Periodic: Regular, maybe monthly (e.g., doctor's visit, card games with friends)				
Occasional: Special events like a vacation, concert, sporting event, family celebrations, out-of-town visits				

* scenarios to consider on next page

Consider these possible scenarios that will allow a person to satisfy physical and social needs without driving:

- Can the person share the activity with a friend who can drive?
- Can someone take responsibility to drive to an activity on a regular basis?
- Are home-deliveries possible (e.g., prescriptions, groceries, online ordering)?
- Can someone “make a day of it,” by visiting and completing errands?
- Can services be brought to the home (e.g., home hairdressing visits)?
- Can telephone or e-mail conversations occasionally substitute for personal visits?
- Is public transportation available for some trips?

Additional Notes:
