



UNIVERSITY
of
OTAGO
Te Whare Wānanga o Otāgo
NEW ZEALAND

Older Drivers, Families and GPs

*Navigating the path between
mobility and safety*

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Older Drivers, Families and GPs *Navigating the path between mobility and safety*

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MoT; MSD; Age Concern; NZTA; Turanga Health



Older People - Transport and Mobility

- Private car main mode of transport
- Driving key to maintaining mobility, independence and QoL
- Driving cessation associated with adverse health outcomes
- Relatively few crashes but high fatality rates – due to frailty
- By 2036, 1 in 4 NZers 65 years +; MVTC injuries and fatalities increase by 71%

Older People - Transport and Mobility

Critical issue for drivers is balance between their need for independent mobility, while maintaining their safety, and the safety of other road users.

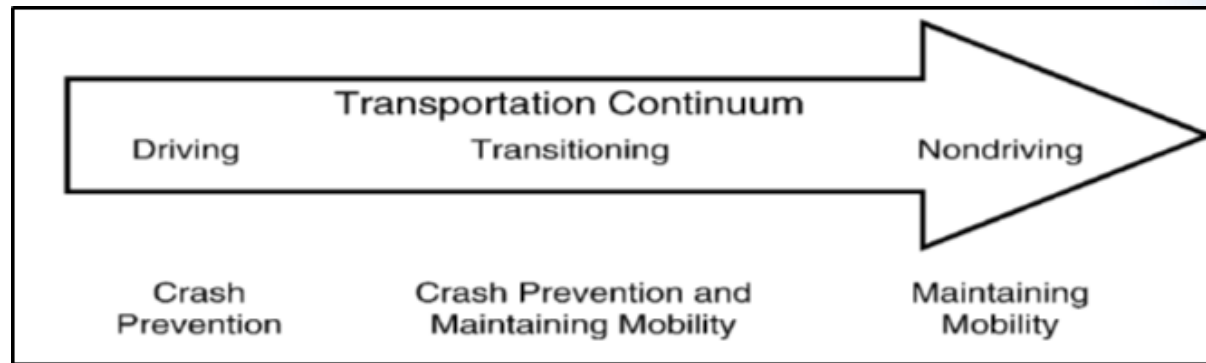


Figure 1. Modified framework for transportation and safe mobility.
(Source: Dickerson et al. (2007)).

Aims of Project

- Investigate travel patterns, driving behaviour, and driving-related attitudes and perceptions of older drivers, and identify how strategies, such as self-regulation of driving, may help maintain their driving independence as long as is safely possible;
- Identify areas where older adults and their support networks require assistance and resources to help manage driving issues and cessation, to minimise any associated negative consequences.

Objectives

1. Describe driving and travel behaviour, experiences and attitudes in a large sample of older New Zealanders.
2. Define the distribution and determinants of driving reduction, self-regulation and cessation.
3. Examine views and experiences of adult children who have an ageing parent driver.

Objectives cont.

4. Compare within-family parent/adult child views on older driver ability, planning for cessation, and effects of driving decisions on family.
5. Explore GP views and experiences regarding fitness-to-drive issues with their older patients to provide a broad view of the issues and challenges from the perspective of GPs, to identify possible solutions that could be applied in primary care and communities.

Design and Method

- Mixed methods study design
 - Older Drivers Interviews (current and former)
 - Family Interviews (matched, current OD)
 - GP Qualitative Interviews

Study Overview

Aim 1. Investigate the travel patterns, driving behaviour, and driving-related attitudes and perceptions of older drivers, and identify how strategies, such as self-regulation of driving, may help maintain their driving independence as long as is safely possible.

Aim 2. Identify areas where older adults and their support networks require assistance and resources to help manage driving issues and cessation, to minimise any associated negative consequences.

Older Driver Study (Population-Based Survey)

Current Driver Interviews (N=1240)

Computer Assisted Telephone Interview:

Demographics, Societal Participation
Physical Health, Wellbeing, Psychological Health
Driving and Licensure
(licence information, vehicle access and alternate transport use, driving behaviours and patterns, infringements and crashes, driving cessation plans)

Former Driver Interviews (N=440)

Computer Assisted Telephone Interview

Demographics, Societal Participation
Physical Health, Wellbeing, Psychological Health
Driving and Licensure
(pre-cessation licence information, current transport use, circumstances leading to cessation)

Family Study (Within-Family Cross-sectional Study)

Family Member Interviews

(N=400 adult children of current drivers)

Computer Assisted Telephone Interview

Demographics
Driving and Licensure
(Views on parent driving ability, driving cessation plans, recent driving events causing concern)

General Practitioner Study (Qual. Grounded Theory Study)

Individual and group interviews with GPs

Phase 1: Substantive phase to identify issues

Phase 2: Theoretical phase to generate solutions

Research Impact

- Assist the development of evidence-based policy and programmes on driving among older people to maintain mobility, while minimising injury risk, and contributing to improved health outcomes.
- Identify areas where families and GPs require support and resources to help manage driving cessation for older adults, so they successfully adapt to life after licensure.

Future Directions

- Prospective Cohort Study of Older Drivers
(to be funded)

Current Older Driver Study Participants:

Establish a baseline and cohort of older drivers for a future longitudinal study of the predictors and ongoing consequences of driving reduction, self-regulation and cessation on economic, social, psychological, and health outcomes.



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