

American Occupational Therapy Association

Driving Evaluations by an Occupational Therapist

Occupational therapy practitioners with specialized training in driver rehabilitation may administer comprehensive driving evaluations. This type of driving evaluation typically includes two parts: one part in an office or clinic and the second part behind the wheel of a car. The purpose of the evaluation in the office or clinic is to examine the physical, visual, and mental abilities required for safe driving. This would include:

- Reaction time, needed for stopping fast enough to avoid a crash;
- Basic visual acuity, or sharpness of vision; and
- Decision making, judgment, and planning (e.g., needed for making left turns).

The behind-the-wheel or on-road part of the evaluation takes place in a vehicle equipped with safety equipment such as an instructor's brake. The on-road evaluation identifies an older driver's strengths and weaknesses and ways to keep driving safely. If necessary, the evaluation may use adaptive equipment. See [Interventions](#).

Based on your evaluation, the therapist can make recommendations about strategies, specialized equipment, and training to improve your driving safety and your overall health and well-being. On the other hand, if the evaluation results indicate the need to stop driving, the therapist can help you understand why this is the most appropriate option for your safety and that of others.

You may have a choice of programs that offer driving evaluations. Occupational therapists that specialize in driving evaluations are trained to assess physical, visual, and mental abilities required for safe driving. Occupational therapists are health care specialists that have the knowledge needed to recognize changes associated with medical conditions or aging and to tailor evaluation and intervention plans to each individual.

Title: Getting Evaluated by an Occupational Therapist

Summary: Occupational therapy practitioners with specialized training in driver rehabilitation may administer comprehensive driving evaluations.

Click here to learn more:

<https://www.aota.org/practice/productive-aging/driving/clients/evaluate/eval-by-ot.aspx>