Returning to Driving After a Stroke:

When are You Ready? Is it Safe?

Independence and confidence are key in stroke and aphasia recovery. Since driving is often a metaphor for freedom and self-reliance, many adults are eager to get back to driving as they begin to recover. But how do you know you're ready? These tips and recommended steps from organizations like stroke.org will help you make an educated decision about driving after a stroke.



First Steps to Take

⇨ **Step 1:** Check with your healthcare provider when discussing whether it's safe to drive and possibly, what car modifications could help.

⇨ **Step 2:** Visit http://www.dmvusa.com to determine if your physician must report your health status before you can drive again.

⇨ **Step 3:** Contact your state DMV department to determine if your state has additional requirements.

Next Steps: If Car Modifications are Needed

⇨ **Step 1:** Contact a rehabilitation specialist in your area at https://myaota.aota.org/driver_search for assistance in assessing your ability operating a vehicle and determine what modifications will be necessary or helpful.

- Additionally, you can contact a certified driver rehabilitation specialist at www.aded.net.

⇨ **Step 2:** Contact *The National Mobility Equipment Dealers Association* for assistance with car modification at https://nmeda.com.

⇨ **Step 3:** Enroll in an adaptive driving course to help you become acclimated with any new driving equipment. Courses may be offered through rehabilitation centers or possibly through your state's department of motor vehicles.

⇨ **Step 4:** Some people may qualify for financial assistance for mobility equipment. Visit https://www.adamobility.com/consumers/finance-affordability to research specific programs and to find more information.

Additional Resources:

- For more sources, alternative types of transportation and additional information, visit www.stroke.org/en/life-after-stroke/recovery/daily-living/driving-after-stroke for more sources and transportation

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