

Title of Intervention: Driving Decisions Workbook

Website: www.umtri.umich.edu/library/pdf/2000-14.pdf

Intervention Strategies: Individual Education

Purpose of the Intervention: To increase self-awareness of driving skills in older adults

Population: People over the age of 65 with a valid driver's license

Setting: University of Michigan Transportation Research Institute; community-based

Partners: None mentioned

Intervention Description:

- Individual Education: Participants were given the Driving Decisions Workbook, along with a questionnaire and a driving test. The seven-mile driving course was based on recommendations from the National Highway Traffic Safety Administration, featured 28 structured maneuvers at specific locations and took about 15 minutes to complete.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Test administrator
- Training: Not mentioned
- Technology: Not mentioned
- Space: Rooms, driving course
- Budget: Not mentioned
- Intervention: Driving Decisions Workbook, vehicles
- Evaluation: Driving course evaluation, questionnaire

Evaluation:

- Design: Cohort
- Methods and Measures:
 - Self-awareness and general knowledge were measured by a questionnaire.
 - For each maneuver on the driving test, an examiner riding in the vehicle scored up to 17 performance tasks.

Outcomes:

- Short Term Impact: The participants increased general knowledge and self awareness of their personal driving skills. Many participants reported realizing a change in their abilities that they were unaware of before completing the workbook and driving test.
- Long Term Impact: Not mentioned

Maintenance: Not mentioned

Lessons Learned: In the questionnaire, all respondents indicated that the workbook could be useful for helping older adults talk about driving concerns with their families. Many participants planned to pursue further assessments of their driving abilities.

Citation(s):

Eby, D. W., L. J. Molnar, et al. (2003). "Improving older driver knowledge and self-awareness through self-assessment: the driving decisions workbook." *J Safety Res* 34(4): 371-81.