

# DRIVING



Driving is a meaningful activity for a lot of people.



**A stroke can affect a person's ability to drive.** This is because it can affect mental and physical abilities that are used for driving, like thinking skills, visual perception, sensation and strength.

People recover from strokes in different ways and at different rates.



Approximately half of stroke survivors eventually return to driving.

## WHAT DOES IT MEAN FOR YOU?



In Canada, people who have a stroke are asked **not to drive for a minimum of 30 days.**

This time period may be longer depending on your symptoms.



Your doctor or occupational therapist **may notify the ministry of transportation of your stroke.**



The ministry of transportation makes the final decision about your return to driving.

## IN ORDER TO DETERMINE IF YOU ARE READY TO DRIVE, YOU MAY BE ASKED TO:



Provide more information.



Undergo further assessment.



Complete a special driving test, to help decide if you are ready to drive, or if more training, more time, or specialized equipment could help you.

## WHAT YOU CAN DO



Ask your doctor or occupational therapist about returning to driving.



Recovery can take time, so don't try to rush back to driving.



If you need help with transportation, speak to your healthcare team about options in your community.