

The Meaning of Driving

A. Acknowledge feelings and show genuine concern about what driving, and its loss, means to your relative. These conversations can:

- Let the person know you understand;
- Remind the person that driving may represent more than just a way to get places;
- Encourage the family to seek solutions that address underlying needs; and
- Open conversations that can later ease the transition to not driving.

B. Below are some examples of how the meaning of driving for your relative can help you find solutions that address their needs.

Attitude about driving	Approach to limit or stop driving
Only a way to get places	Focus on arranging transportation alternatives that allow the person to maintain appointments, social engagements, and shopping needs.
Status and identity	Owning a car or having it “available” may be more important than driving it. Perhaps keep the car parked at the house or maybe have the car available for others to use.
Freedom and spontaneity	Create spontaneous moments by suggesting and agreeing to spur-of-the-moment trips . Discuss transportation alternatives that allow the person to have some control over scheduling , such as using taxicabs or paying a neighbor to be a driver. Help the person learn to plan ahead . Having prior arrangements is easier for those providing transportation, and increases the chances of having transportation needs met.
Sense of self-worth	Encourage feelings of self-worth in ways other than driving. Divert attention from the loss of not being able to do things by focusing on positive personal qualities.
Desire to help others	Find other ways for the person to be in a giving role and not always be the recipient. Encourage reciprocal giving , perhaps indicating that you are happy to provide driving services in return for their assistance in other ways.
Other:	