

DRIVING & AGING IN PLACE

Emotions, mobility, and technology

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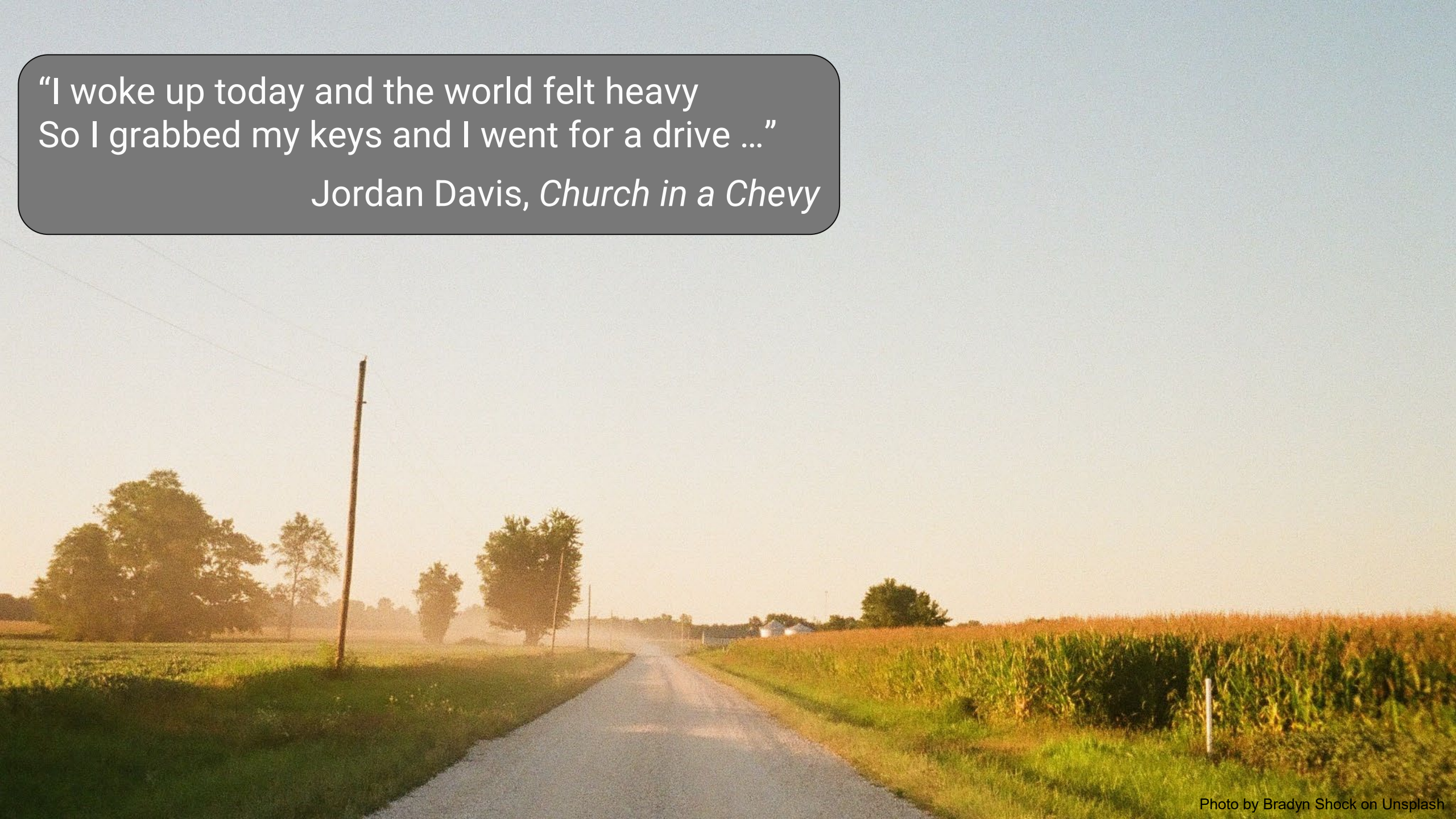
Research Physician | Eastern Colorado Geriatric Research, Education, and Clinical Center (GRECC) | Veterans Health Administration



University of Colorado
Anschutz Medical Campus

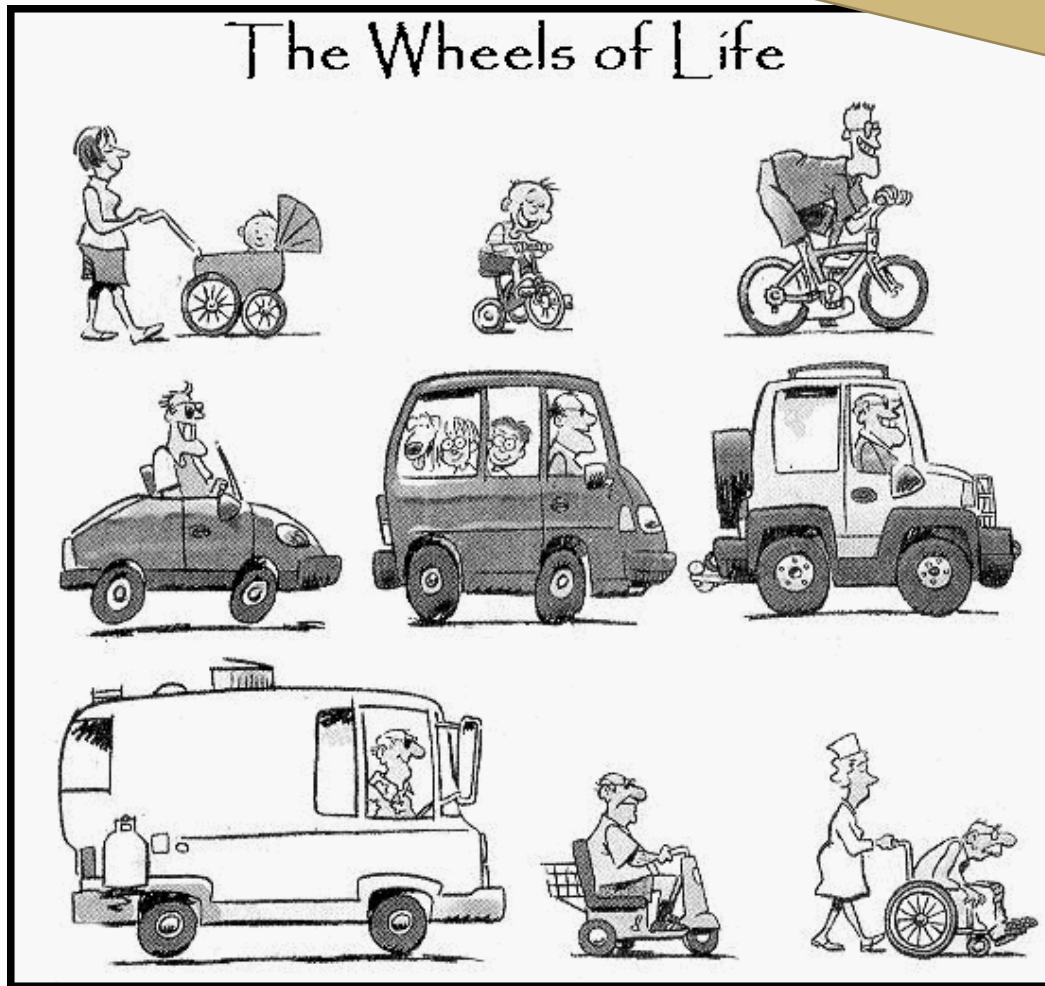
“I woke up today and the world felt heavy
So I grabbed my keys and I went for a drive ...”

Jordan Davis, *Church in a Chevy*





“Gun safety, driving, living in your home, being able to turn your stove on and cook and not leave it on and burn the house. All those things are issues we have to face as we get older.”



“When you’re a young kid, you want a fast convertible, red, to race around, pick up chicks. As you get older and you get married, you go with a station wagon or you go with a van. And as you get older, you probably end up with a van that carries a wheelchair. It’s a progression of life and it’s the same thing with firearms. ... I don’t want to carry around a big heavy gun and walk through the woods. I’m over that. Little bit of target practice now and then with the 22LR with my grandchildren.”

Research Article

Cars, Guns, Aging, and “Giving Up the Keys”

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Community

- Safety / stigma
- Resources
- Engagement

Family

- Physical & mental health
- Finances/logistics

Older adult

- Physical & mental health
- Engagement/isolation



Elderly
people

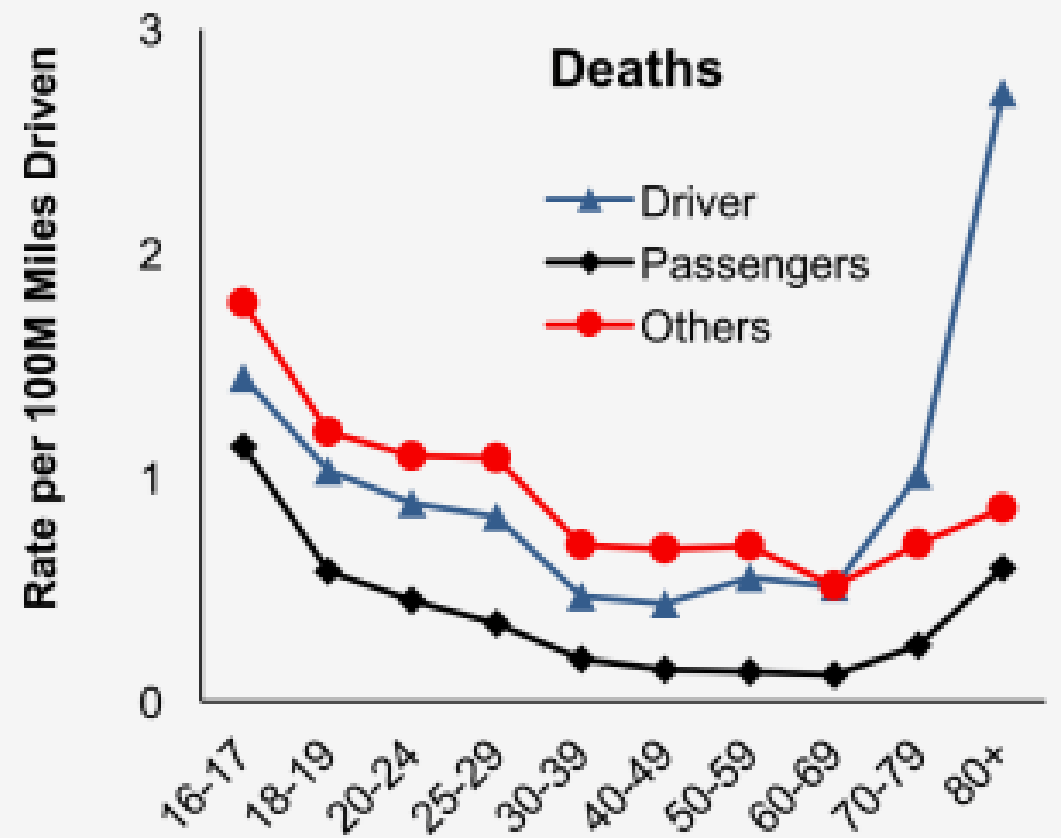
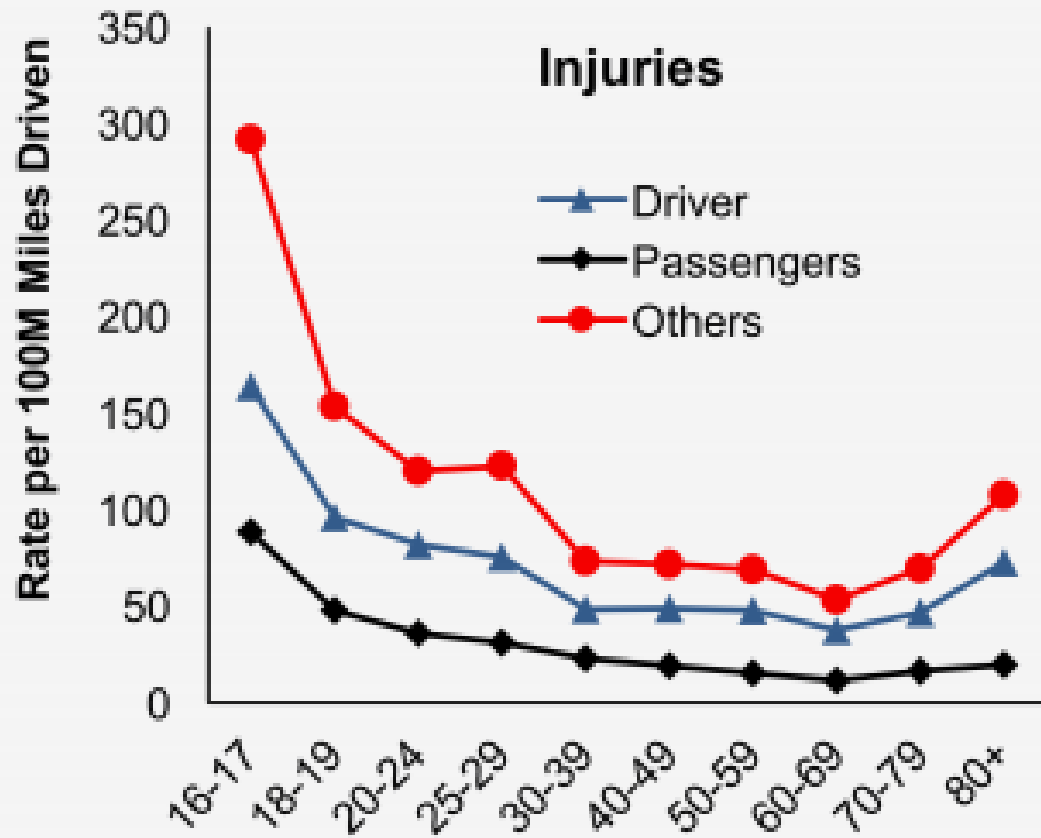


Figure 2. Injuries (left) and deaths (right) in crashes involving a driver of age shown per 100 million miles driven by drivers of that age, by role of person injured or killed, United States, 2014-2015.

<https://aaafoundation.org/rates-motor-vehicle-crashes-injuries-deaths-relation-driver-age-united-states-2014-2015/>

Meet physical and
emotional needs

and

Avoid physical and
emotional harms



and
location matters
for risks & resources



Photo by Bradyn Shock on Unsplash



Photo by Dan Gold on Unsplash



**Be
person-
centered**

**Leverage
technology**





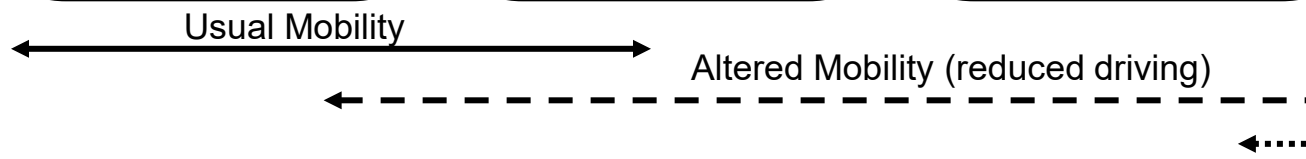
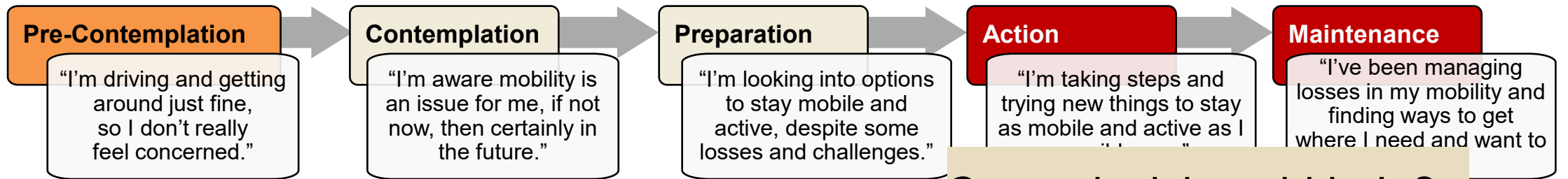
“I wish we could normalize driving health, just like ... in pediatrics we try to help folks think ahead about developmental stages.”

- ✓ Driving discussions are emotionally charged
- ✓ Context matters
- ✓ Healthcare providers are trusted and influential
- ✓ Continued communication over time
- ✓ Desire for agency



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TTM
ARMT
Mobility
Factors

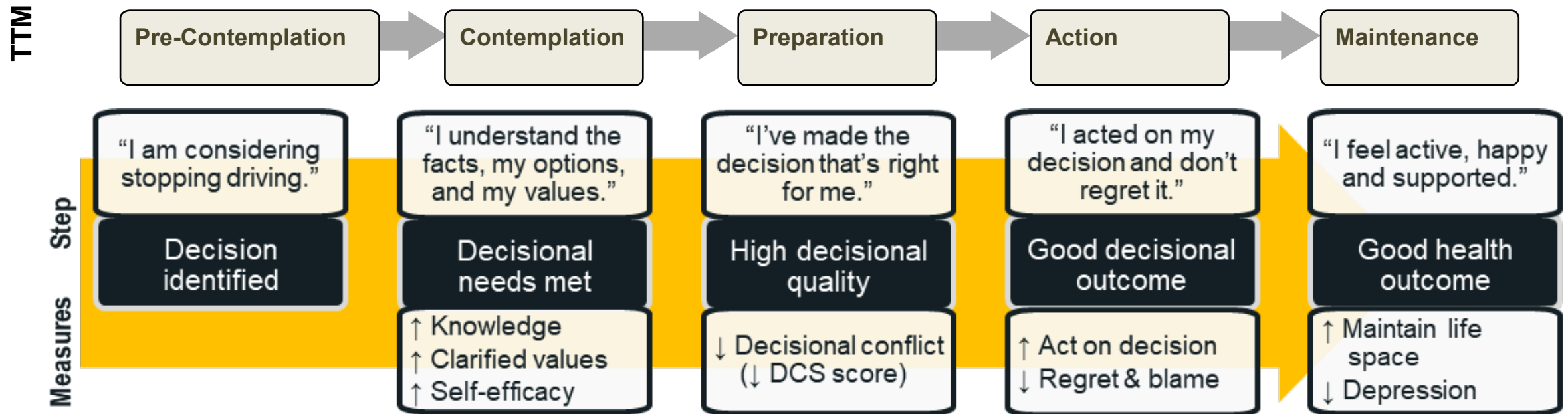


Can a decision aid help?

- Cognitive (e.g., cognitive ability, decision making competence)
- Attitudinal (e.g., readiness for mobility transition, personality)
- Social (e.g., demographics, health, life space, financial, geographical, transportation alter

AUTO

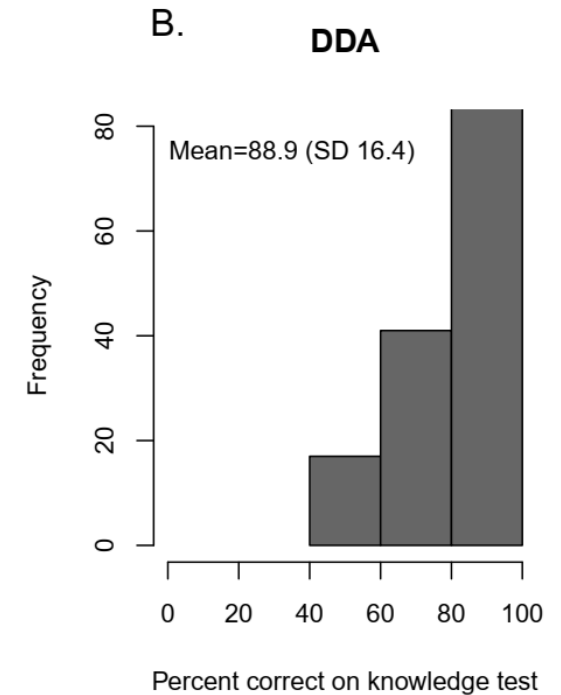
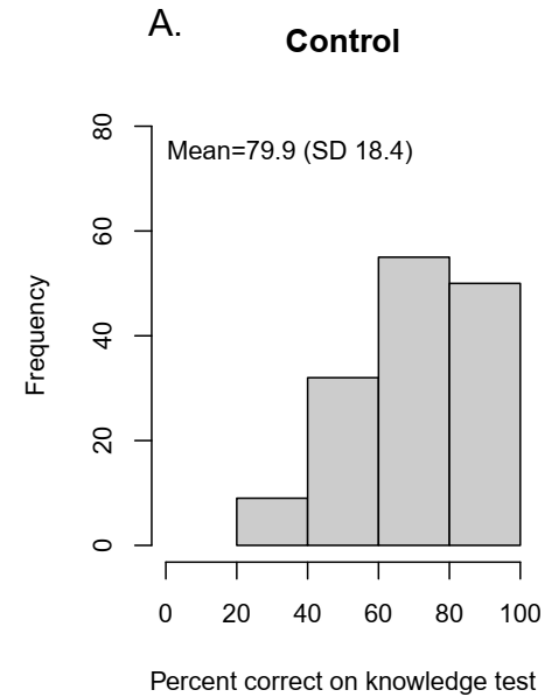
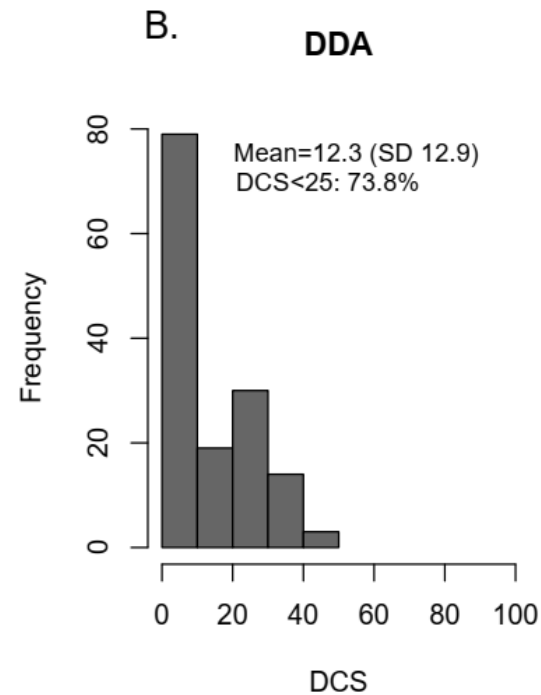
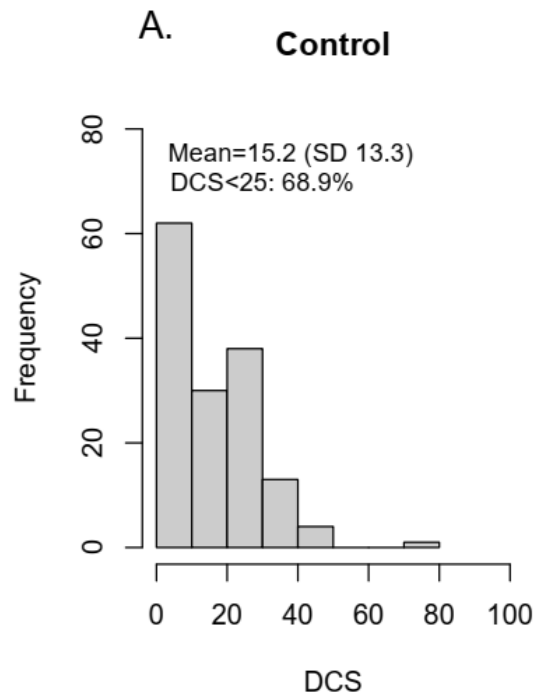
R01AG059613-Betz



AUTO

Main results n=301

- DDA group: Lower mean DCS score and higher knowledge scores
- No difference in self-efficacy
- 87% said they would recommend DDA to others







Caring for someone with dementia can be hard.

533 185 comments 80 shares

Like Comment Share

Most relevant

Write a comment...

Joellen Loeventhal
The hardest thing for sure. Thank goodness we had the best caretaker ever
Like Reply Hide Send message 3d

Laura Kase
Very true
Like Reply Hide Send message 4d

Vera Pettway
Very true
Like Reply Hide Send message 3d

Ed Goldberg
That is very true.
Like Reply Hide 1w

June Ferraresi Carelli
So very true
Like Reply Hide 1w

Patsy Primeaux
That's a true fact my mom her mom and 2 aunts
Like Reply Hide Send message 3d Edited

Patricia VanSkyock
It sure is. God helps. Amen
Like Reply Hide Send message 1d

Marcy Wilson
My mom had Alzheimer's
Yes it is hard but. Worth every second to be there and help
Like Reply Hide Send message 1d

Shirley Ashley
My husband had it and I was his 24/7 caregiver and I'd do it all again. I'm much.
Like Reply Hide Send message 8h

Thomasina Thompson
SAY IT LOUD
Like Reply Hide Send message 2d

Dolores Young
Yes, harder than most people think it is.
Like Reply Hide Send message 2d

Mo Finnerty
I agree
Like Reply Hide Send message 1d

Mertie Isaac
Yes indeed
Like Reply Hide Send message 1d

Jeanne Brashear
Thinking and praying for you Peter Jackie Singh
Like Reply Hide Send message 2d

Rosemarie Durian
I took care of my mama who suffered from severe dementia difficult. I missed her .
Like Reply Hide Send message 2d

Shirley Crockett
Yes it is !
Like Reply Hide Send message 3d

Bruce Ann Sorensen
Mentally hard!
Like Reply Hide Send message 2d

Betsy Freund Plaskon
Yes it is
Like Reply Hide 1w

Margery Kostman
More then hard. Each day is endless
Like Reply Hide Send message 2d

Sofie Peace
Absolutely Yes 100
Like Reply Hide Send message 4d

Helen Eaton
So hard
Like Reply Hide Send message 3d

Kathy Nelson
Yes it is
Like Reply Hide 1w

Donna Pinto
I did it for 4 years
Like Reply Hide 1w

Nancy Bach replied · 1 Reply

Flo Becvar
It is hard I work with the Dementia and Alzheimer's for over where I could see after them .after working with them for so



Safety Starts with You

Caring for someone with dementia can be hard.

There are physical, emotional, financial, and life-style changes to face. There are also new issues to think about. Thinking about these safety concerns can prevent injuries and deaths.

Now is the time to make choices and plans for the future. You may have already thought about some steps to improve safety at home. You may have had discussions about what to do about driving or firearms access. This site can support these discussions.

These can be hard topics to tackle, but you're not alone. Many others have faced issues like this.

The tools on this site can help you make decisions about safety and dementia.



What do I do about firearm access? →



When is the time to stop driving? →



How can I make the home safer? →



**Be
person-
centered**

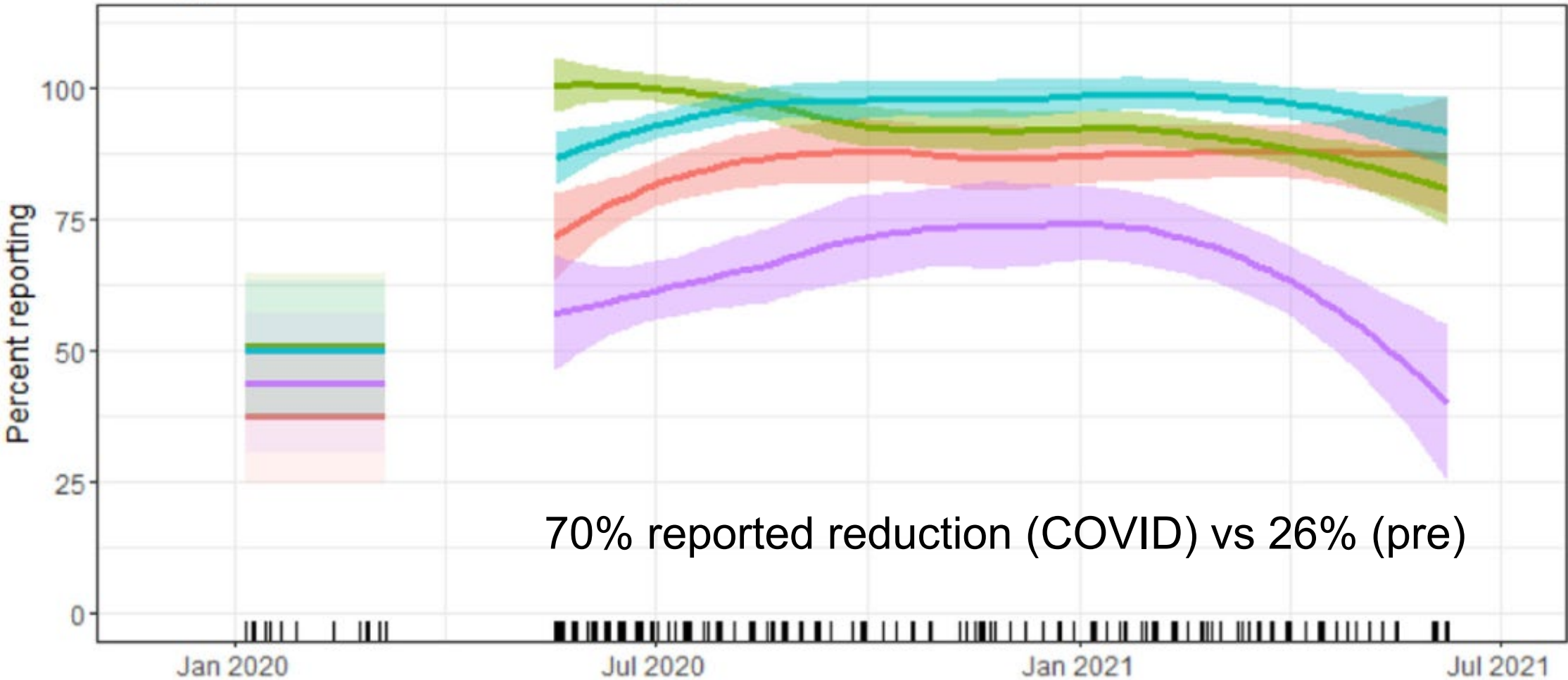
**Leverage
technology**





Types of reductions in driving (among those reporting reductions)

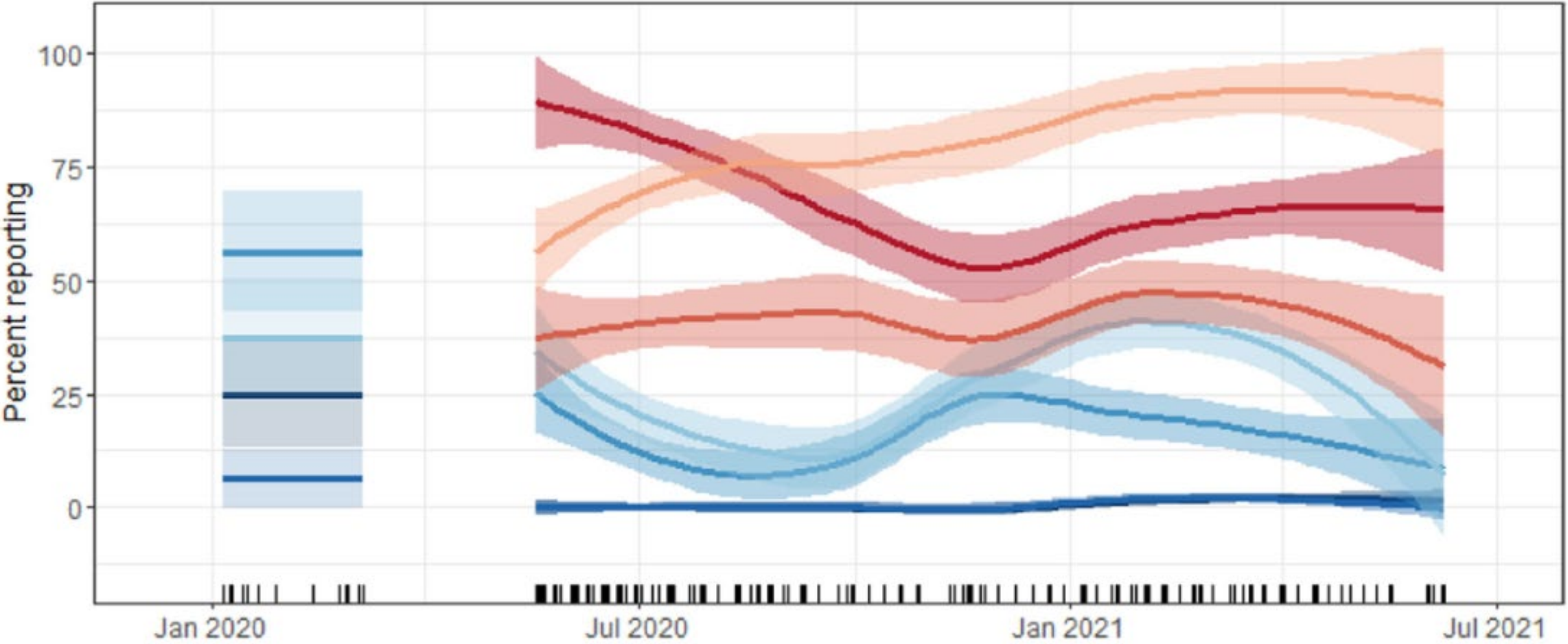
(n=16 pre-COVID; n=167 during COVID-19)
 Lines represent % reporting \pm standard error
 PMID: 35583182 R01AG059613



Days per week Trips per week Miles per week Trip distance

Reasons for reductions in driving (among those reporting reductions)

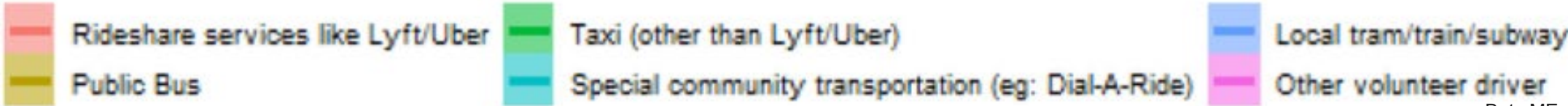
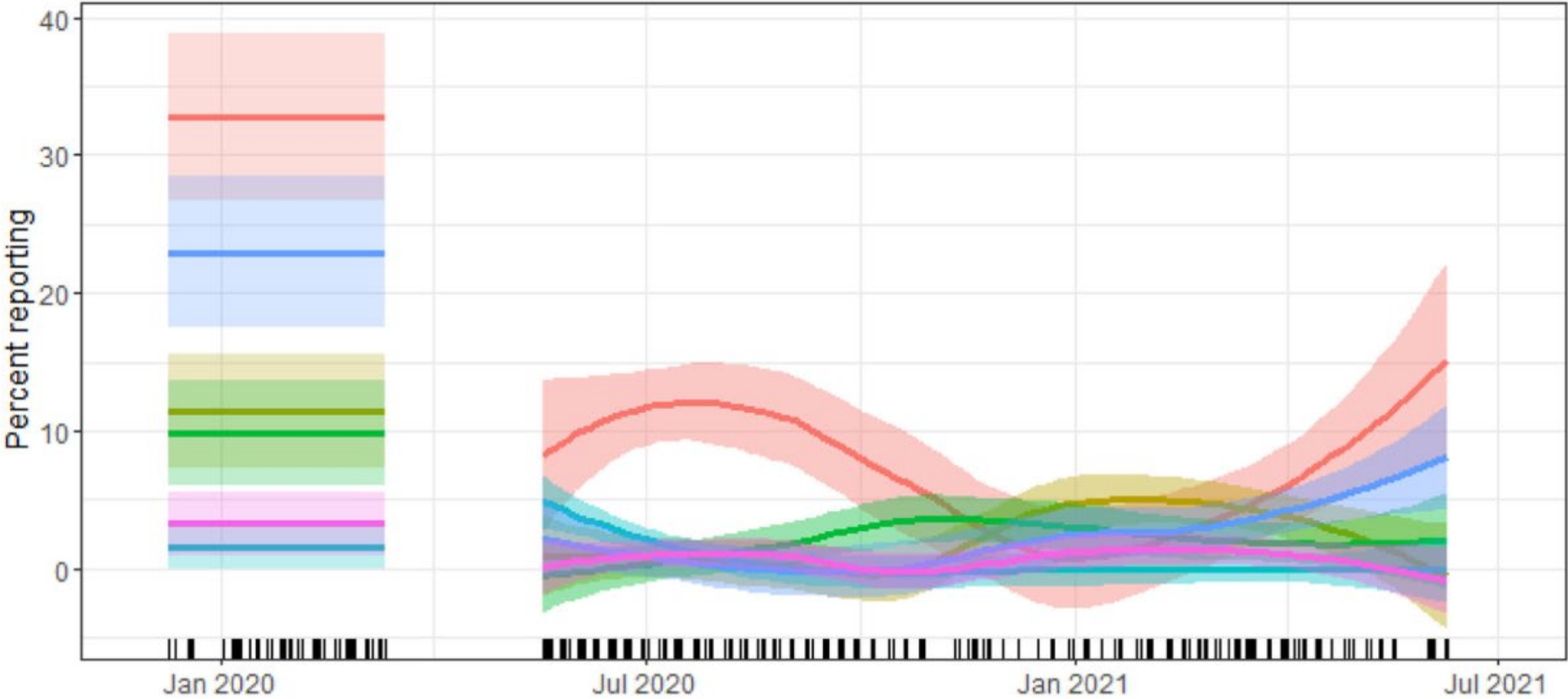
(n=16 pre-COVID; n=167 during COVID-19)
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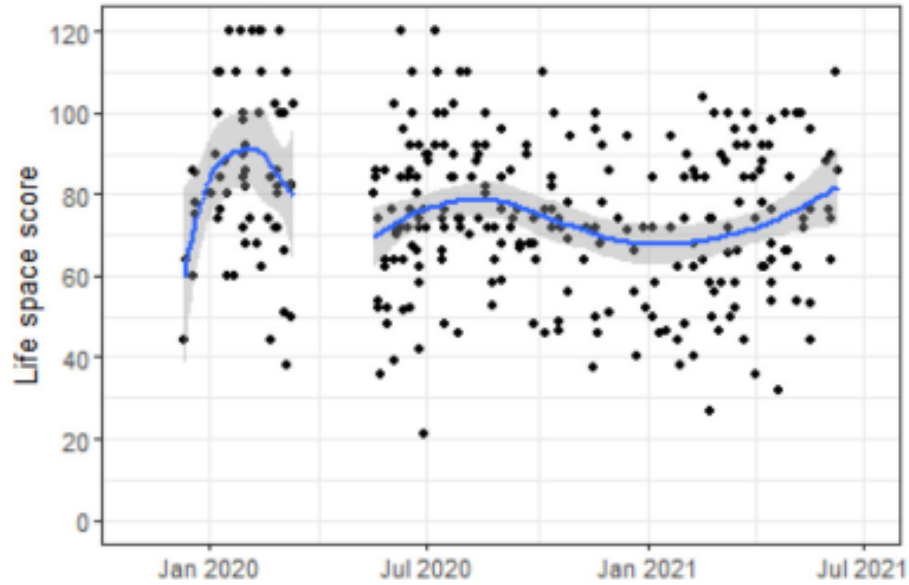
- Financial reasons
- Medical/emotional reason(s)
- COVID: official orders
- COVID: desire to go out less
- Environmental reasons
- Don't need to drive as much
- COVID: family/friends/HCP guidance to stay home

Use of alternative transportation in the past 3 months

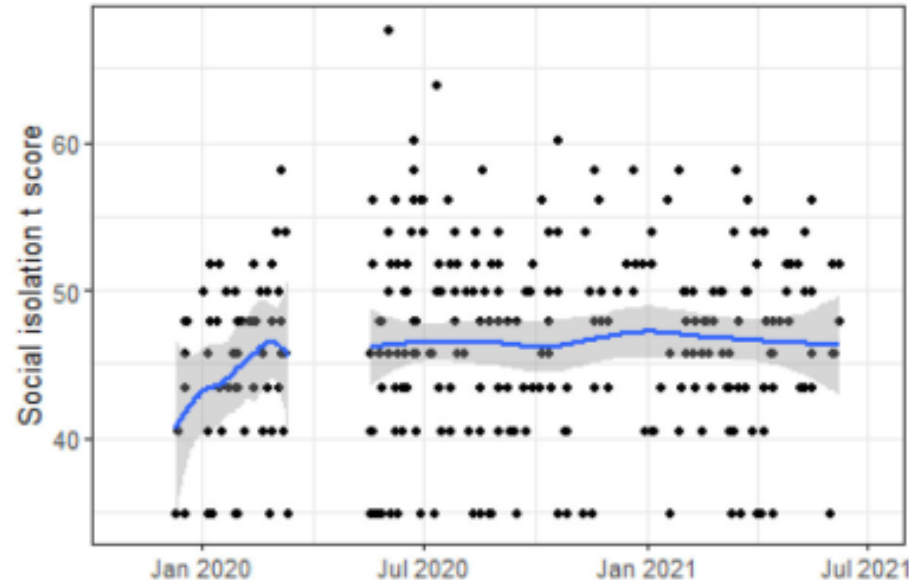
(n=16 pre-COVID; n=167 during COVID-19)
 Lines represent % reporting \pm standard error
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A. Life Space scale



B. PROMIS social isolation score

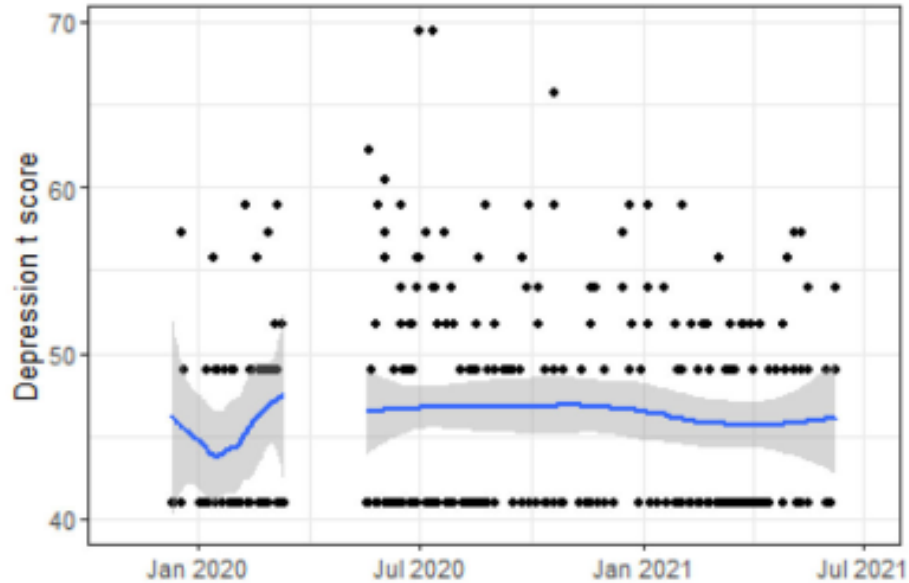


(n=16 pre-COVID;
n=167 during COVID-19)

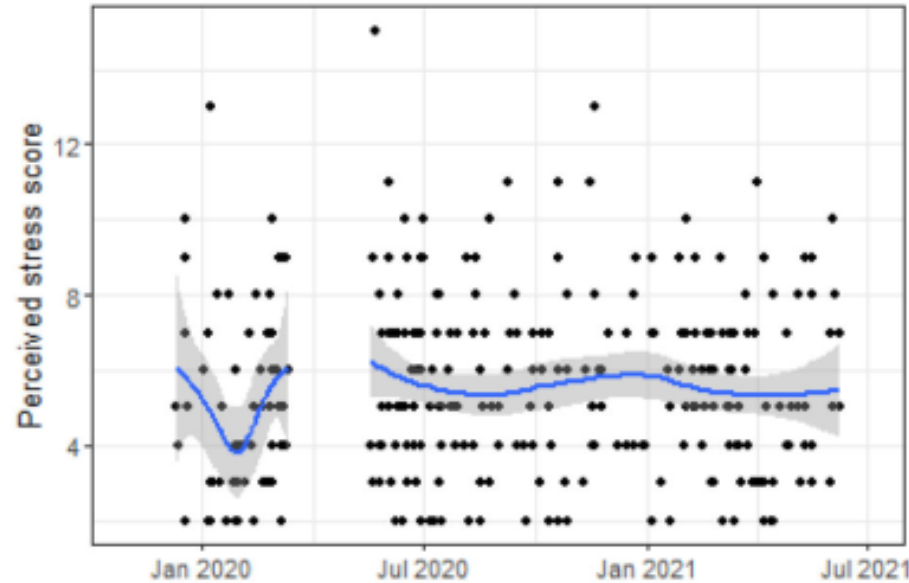
Lines represent %
± standard error

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C. PROMIS depression score



D. Perceived stress scale (PSS-4)



**Higher mean social
isolation during COVID
(vs pre) but no
significant change in
depression, global
health, stress**

R01AG059613

Betz ME et al. Impact of the COVID-19
Pandemic on Older Adult Driving in the
United States. J Appl Gerontol. 2022
Aug;41(8):1821-1830. PMC9378355.

How the pandemic changed views on driving

More concerned about driving

“If i get into an accident this would increase my exposure [to COVID-19]. So I drive less now to avoid exposure.”

“I don’t make unnecessary trips; I plan out my driving and make sure I don’t go to places where I don’t need to be (in order to be safe)”

Before COVID-19, both she and her husband would use UBER, but now they are very hesitant to do that.

Doesn’t make unnecessary trips where she could expose self. Worries about car breaking down leading to exposure. Feels especially vulnerable due to underlying conditions.

“Have lost confidence in my driving since driving less now”

Less concerned about not driving, or driving more

“Made me realize that I can get along driving less”

Realizes she can do without driving so much. Less traffic. Found that she drove more than she needed to [pre-COVID-19]. Other ways to get what she needs

“My son has come weekly to [help with] my grocery shopping. “This made me less fearful about losing my ability to drive later on. I have less need to go places. I am really comfortable just being on my property”

“We (my wife and I) take more trips to get away from the house”



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<https://gogograndparent.com/>

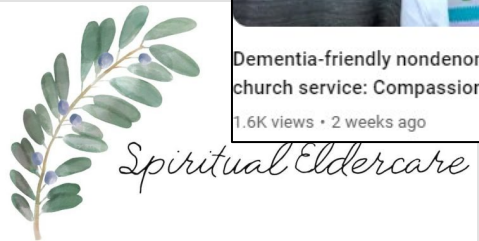
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Alternatives TO transportation



ncoa
national council on aging

Food Assistance for Caregivers

Home-Delivered Meals for Older Adults: A Caregiver's Guide

<https://www.ncoa.org/article/home-delivered-meals-for-older-adults-a-caregivers-guide>

Transportation and Aging: An Updated Research Agenda to Advance Safe Mobility among Older Adults Transitioning From Driving to Non-driving

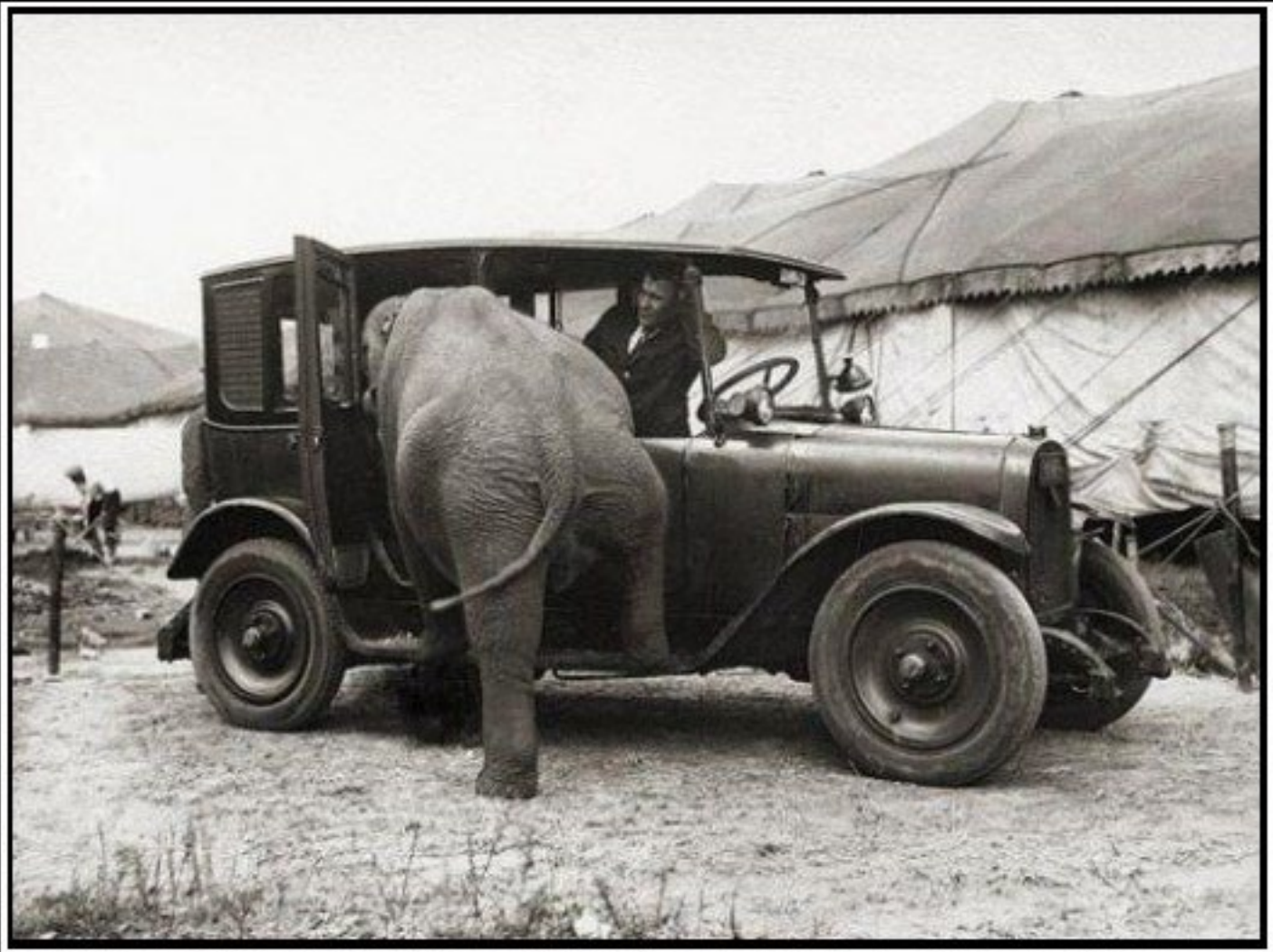
Topic	Research issues for older adult transportation
Transitioning to non-driving mobility	Develop comprehensive models to better understand the interaction of the multiple factors that affect transitioning to non-driving.
	Identify and evaluate programs to facilitate the transition, especially in terms of their ability to reduce adverse consequences associated with driving cessation.
Beyond driving	Expand strategies to use existing and new transportation options in communities in the United States and elsewhere.
	Develop strategies to build coalitions that include a broad range of stakeholders beyond the aging network to enhance mobility.
	Expand the evaluation of elements of livable communities, age-friendly communities, and smart growth to provide evidence of demonstrable outcomes related to healthy aging.

Thank you!

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 University of Colorado
Anschutz Medical Campus



THE ELEPHANT IN THE ROOM

Because it won't fit in the car