



Concerned About Driving After a Diagnosis of Dementia?

Driving following a diagnosis of dementia can be challenging for both the individual and those closest to them. The new **Driving & Dementia Roadmap** is a free online resource created by people living with dementia, family/friend carers, healthcare providers and researchers. This website provides support to help people with dementia and their family/friend carers navigate the many challenges associated with stopping to drive.

Topics you can learn about include:

- Understanding how dementia affects driving.
- Dealing with the emotional impact of not driving.
- Recognizing when it may be time to stop driving.
- Getting around without driving.
- Having productive conversations about stopping to drive.
- Learning about licensing, reporting and other transportation options.

Visit www.drivinganddementia.ca to learn more.