

Driving Tips

1. Set up the car seat position before you start driving. Adjust the back angle, seat height and position and position of the steering wheel to ensure you can reach the pedals and the wheel without stretching.
2. Sometimes using a support for your lower back can help. You can use a rolled up towel to experiment with the right thickness and position.
3. If you want to use an additional cushion to sit on, ensure it is fixed to the car seat or your insurance may be invalid if you have an accident.
4. Don't drive if you feel fatigued.
5. To reduce the tiredness caused by the concentration involved with driving, reduce distractions such as the radio and ask any passengers to avoid talking to you. Use familiar routes and, if useful, use a SatNav. You may find that driving at night is more exhausting.

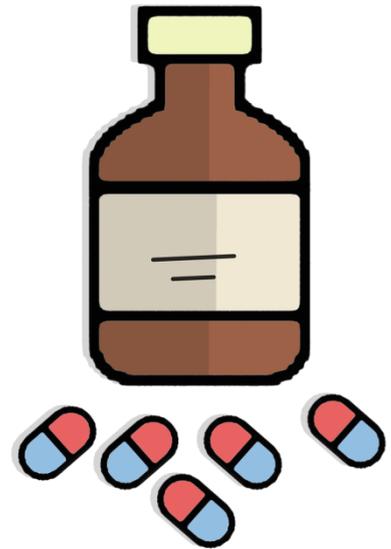


6. Regularly check your posture to make sure you are not raising your shoulders in a tense position. Every time you stop at traffic lights shift about in your seat to avoid getting stiff.
7. Avoid driving at times when you will become more stressed as this will increase your pain.
8. Work out what is your baseline for driving; that is, how long you can drive for before the pain or fatigue becomes unmanageable – and then stop BEFORE that point for a quick break.
9. Getting in the car – put your bottom in first and then swing your legs round. If you find it hard to swivel, sit on a carrier bag but make sure you remove it before you drive off. To get out of the car, swing your legs around and then use the door to help get up.
10. Consider getting an automatic car if you are struggling with the clutch pedal.

Medications and Driving

Many people are concerned that since the law changed, they are unable to drive if they are taking certain medications such as Opiate based medications (for example, Tramadol, Fentanyl, Codeine) and other medications like Diazepam or Temazepan. You **can drive** after taking these drugs if you have been **prescribed** them and **follow the advice** on how to take them by a healthcare professional and **they aren't** causing you to be unfit to drive. **You** have to make a judgement about your safety.

It is helpful to carry your prescription list with you in case you are stopped by police.



For more details see www.gov.uk/drug-driving-law

For further advice with driving:

East Anglian Driveability

- Comprehensive assessment of fitness to continue or return to driving.
- Specialist advice and information on car adaptations and driving with disabilities.
- Assessment and advice for disabled people who have difficulties accessing a vehicle as a passenger or driver.
- Specialist driving tuition.
- Motorcycle assessments.
- Assessment for and advice on outdoor powered scooters and wheelchairs.
- Help and advice for parents with disabled children who have problems with transport and mobility.
- Free information service on aspects of outdoor mobility.

Website: www.eastangliandrivability.org.uk

RICA (Research Institute for Consumer Affairs)

For independent advice on a range of issues relating to driving and mobility, including wheelchairs and scooters, and advice on using public transport.

Website: www.rica.org.uk