



Driving & Dementia: Conversation Guide

Created by persons living with dementia through the National Council of Dementia Minds

Thank you for being here and for taking time to watch the video together. Driving can be an emotional and complex topic, tied to independence, identity, connection, and everyday life. Today's conversation is not about right or wrong answers or making decisions in this moment. It's about listening, sharing experiences, and learning from one another.

As we talk, we encourage respect, curiosity, and openness. People may have different experiences, perspectives, and needs, and all of those belong here. We ask that we center the voices and experiences of persons living with dementia while making space for care partners and professionals to listen, reflect, and share thoughtfully.

Conversation Invitations

Use any of the invitations below to guide reflection. Participants may respond in any order and share as much or as little as feels comfortable.

1. **I'm wondering what stood out in the video**, including anything that felt true, reassuring, surprising, or hard to hear.
2. **I'm curious about how driving can be adapted or adjusted over time**, rather than being an all-or-nothing decision.
3. **I'm interested in hearing about driving evaluations, refresher courses, or other supports available in your community** to help assess or strengthen driving skills.

4. **I'm curious about having early, open conversations after diagnosis** about how a person living with dementia wants future driving changes handled.
 5. **I'm wondering how people have navigated conversations when a person living with dementia does not recognize that driving may no longer be safe**, while still honoring dignity, voice, and important relationships.
 6. **I'm curious about ways people can be proactive in meeting transportation and connection needs**, long before driving becomes a concern. *(Not to facilitator: If the group struggles to get started, gently offer an example such as shared rides, invitations to go together, or running errands with friends or family.)*
 7. **I'm interested in hearing how people manage transportation needs after stopping driving.**
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Closing

Thank you for the openness and care you brought to this conversation. Discussions like this help move driving away from crisis-driven decisions and toward thoughtful, respectful planning that honors autonomy, relationships, and well-being.

There is no single “right” path when it comes to driving and dementia. What matters is keeping communication open, centering the voice of the person living with dementia, and finding ways to stay connected and involved at every stage of the journey.

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