



Driving Changes & Dementia

A Conversation Guide for Mixed Audiences

Thank you for being here and for taking the time to engage in this conversation with us.

Driving is about much more than getting from one place to another. For many people, it represents independence, identity, freedom, and connection. Living with dementia can make decisions about driving more complex.

Today's conversation is not about deciding whether a person should or should not drive. It is about listening to people living with dementia, learning from lived experience, and exploring ways to support safety, independence, and meaningful connection when driving concerns arise.

CONVERSATION AGREEMENTS

As we engage in this conversation, we also invite you to:

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| ✓ Respect every person's feelings, whether you understand them or not. | ✓ Suspend judgment and seek to understand each person's experience with empathy. |
| ✓ Pause for reflection before responding. | ✓ Listen to connect, not to correct or fix. |

DISCUSSION PROMPTS

1. I wonder what stood out to you as you listened to the experiences shared in the video.
2. Perhaps something you heard gave you a new or different understanding of driving changes and dementia. We'd love to hear what that was.
3. Driving changes and dementia can look different from person to person. I'm curious what this brings to mind from your own experiences or experiences with others.
4. I'd love to hear what helps preserve relationships during moments of frustration over changes in driving?
5. I'm curious about what happens when frustration over lack of independence starts to build and what can help care partners and professionals respond in the best way.
6. Before we close, I wonder what thoughts or reflections you're taking with you from today's conversation.

TAKE IT FURTHER

- How will you share what you've learned today with family, friends, colleagues, and your community?
- What is one thing you can do to help someone living with dementia feel heard, understood, and supported during moments of driving challenges?

Changes in driving is a signal, not the whole story. Thank you for listening with curiosity and compassion today.

