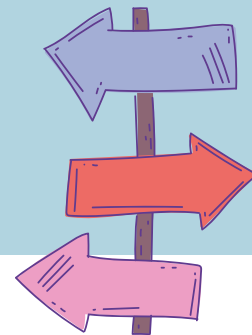




Driving, Health Conditions & Staying Independent



Staying independent when driving becomes difficult can feel overwhelming. Whether you are reassessing your own driving or helping a loved one, this leaflet is here to support you.

- **Turn to Section 1 (Page 2)** if you have been advised by the DVLA or a doctor that you cannot legally drive, or if you need to find alternative local transport.
- **Turn to Section 2 (Page 3)** if you can legally drive but feel unsure, want to regain your confidence, or need to explore vehicle adaptations.

If you are a relative or a carer

If you are worried that someone is no longer driving safely, or they are struggling after stopping driving, please encourage them to seek advice and support.

Important

You are responsible for informing the DVLA about certain medical conditions that may affect driving. If unsure, please check official DVLA guidance or speak to us.

Website:

<https://www.gov.uk/guidance/general-information-assessing-fitness-to-drive>

When to seek advice

Please seek advice if you have:

- A **new medical condition** that may affect driving
- Reduced strength, mobility, **coordination** or **reaction time**
- Problems with **vision**, **memory** or **concentration**
- Blackouts, **seizures**, **dizziness** or **fainting**
- Anxiety or **reduced confidence** driving
- **Difficulty** getting in/out of the car or using **pedals/steering**

Driving, Health Conditions & Staying Independent

Section 1: Legally Advised Not to Drive / Finding Alternatives

If the **DVLA** or a medical **professional** has advised that you are **legally unable to drive**, or if you are just exploring **alternatives**, there are options available.

This can be through:

- **Community transport schemes**
- **Volunteer driver services**
- **Local taxi services**
- **Family, friends or carers** helping plan journeys



If transport difficulties are affecting your healthcare access, here are some options:

FISH Volunteer Centre - Sonning Common FISH (Friends in Sickness and Health)

A registered charity operating a community transport scheme which covers the large village of Sonning Common and the immediate surrounding area of small hamlets.

Telephone: 0118 972 3986

Website: <http://www.fishvolunteercentre.org.uk>

Livewell Oxfordshire City Council

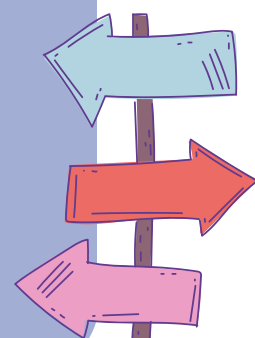
The Oxfordshire City Council has options for Staying Independent and Keeping Fit and Well on their Live Well Oxfordshire page, which could be useful to explore.

Website: <https://livewell.oxfordshire.gov.uk/>

Driving Mobility

An organisation supported by the Department of Transport that provide information and support on alternatives to driving that can be helpful, including mobility scooters and accessible travel solutions.

Website <https://www.drivingmobility.org.uk/alternatives-to-driving/>



Driving, Health Conditions & Staying Independent

Section 2: Legally Allowed to Drive, but Unsure

Driving Mobility offers **expert assessments** for people with medical conditions, **disability** or **reduced confidence**.

They can help with:

- Fitness to drive **assessments**
- **Advice** after illness, injury or diagnosis
- **Vehicle adaptations**
- **Confidence-building** and return to driving advice



Website: <https://www.drivingmobility.org.uk/assessments/older-drivers-retirement-from-driving/>

Vehicle adaptations

Some patients can continue driving safely with specialist vehicle adjustments, such as:

- Hand controls
- Steering aids
- Pedal adaptations
- Swivel seats
- Extra mirrors or visibility aids



Not sure what your next step should be?

- **To report a medical condition or surrender a license:** Contact the DVLA directly via GOV.UK or by calling 0300 790 6806.
- **To book a professional driving assessment or discuss car adaptations:** Contact Driving Mobility directly on 0800 559 3636.
- **To discuss how a new medical diagnosis affects your driving:** Please book an appointment with a clinician at the surgery.