

# Table of Contents

<b>Section 1</b>	<b>Introduction</b>
Page 1	Welcome to “Beyond Driving with Dignity”
Page 9	How to use this workbook
Page 13	The Certified “Beyond Driving with Dignity” Professional
Page 16	Older driver demographics
Page 17	Initiating driving-related conversations
<b>Section 2</b>	<b>The Older Driver in <i>Your</i> Family</b>
Page 25	Understanding an older driver’s fears
Page 29	Understanding a family’s fears
<b>Section 3</b>	<b>Working the Plan</b>
Page 32	Where do we start?
Page 37	Vision concerns
Page 46	Hearing concerns
Page 49	Memory concerns
Page 55	Reflex and reaction time concerns
Page 59	Medication concerns
Page 63	Strength and flexibility concerns
Page 68	General health concerns
Page 72	Let’s take a ride
<b>Section 4</b>	<b>Making Tough Decisions</b>
Page 78	Coming to a risk-reducing decision
Page 79	Dimensional Performance Recap
Page 82	When dementia is making the decisions
<b>Section 5</b>	<b>Maintaining Independence</b>
Page 87	Vehicle adaptations
Page 89	Limit driving, not living
<b>Appendix</b>	<b>Appendix Title</b>
A	A note about diabetes and driving
B	A granddaughter’s essay
C	Resources
<b>Bibliography</b>	<b>Endnotes and Bibliography</b>