

# Staying Safe on the Road with Parkinson's

Parkinson's disease and side-effects from medicine can make it harder to stay safe on the road. Parkinson's affects your movement and can cause tremors, stiff muscles, fatigue, and changes to vision and reaction time. Your medicine can also make you feel dizzy, drowsy, and confused.

## Have you noticed changes with how easily you can:

- Turn the steering wheel
- Move your foot from the gas to brake pedal
- Look in your blind spots when changing lanes
- Check behind you when backing up
- Get in and out of your car
- Judge the distance of signs and others on the road (cars, bikes, walkers, motorcycles)

If you have noticed any of these changes, Parkinson's may be affecting your ability to stay safe on the road. As your movement, reaction time, and vision change, you will find that you can no longer drive safely. Because Parkinson's affects everyone differently, there is no exact timeframe for when driving will become unsafe.

## What you can do to stay safe on the road:

- Drive when your symptoms are milder.
- Find an Occupational Therapist to learn about tools to improve your comfort.
- Talk to your doctor about your symptoms.
- Drive during daylight and in good weather.
- Plan ahead by talking to friends, family, and local agencies about transportation options.

## Make Your Plan to Stay Safe on the Road

Think about the changes you noticed above and choose one action to help you stay safe on the road. For example, talking to your doctor about your symptoms or looking into transportation options near you.

**I will:** \_\_\_\_\_

Here are some extra tips to reach your driving safety goals:

- Keep track of how you are doing and review your symptoms often.
- Do not be afraid to ask your friends, family, or a professional for help.
- Remember that it is okay to adjust your plans if you need to.

## Learn more:

- National Highway Traffic Safety Administration video, [Driving with Parkinson's Disease](#)
- [National Parkinson's Foundation](#)