

# Driving: Chronic Pain's Forgotten ADL

**Driving is difficult for individuals with chronic pain**

"SITTING FOR LONG PERIODS OF TIME IN THE CAR BECOMES AN ISSUE .... AND THEN YOU'RE IN SO MUCH PAIN. I THINK THAT'S WHEN ACCIDENTS ARE LIKELY TO HAPPEN BECAUSE YOU'RE NOT CONCENTRATING BECAUSE THE PAIN JUST OVERWHELMS YOU."

"IF I HAVE TO JUMP ON THE BRAKE, THEN I AM NOT SURE I WOULD BE ABLE TO IF A CAR JUST CUT IN FRONT OF ME."

"I HAVE HAD TIMES WHERE MY MEDICATION AFFECTED ME, AND I HAD TO PULL OVER."

**But health professionals do not adequately address driving**

"THERE'S NOT A LOT OF MONITORING THERE"

"NO ONE HAS SAT DOWN AND ASKED ME"

"OBVIOUSLY, WE WANT TO KEEP DRIVING. SO, I WOULDN'T BE LIKELY TO MENTION IT"

**There is a lack of research and no guidelines**

"I DON'T KNOW IF THERE WERE ANY SPECIFIC GUIDELINES"

"OUR GUIDELINES ARE VERY SPECIFIC WHEN IT COMES TO CHRONIC CONDITIONS, SUCH AS DIABETES, EPILEPSY, HEART DISEASE, STROKE BUT FOR CHRONIC PAIN"

"I THINK WE NEED THE RESEARCH BEHIND IT"

**So people continue to drive even if it is not safe**

"THEY KEEP DRIVING EVEN WITH SOME MAJOR MEDICAL CONDITIONS. WE DO HAVE A STRUGGLE IDENTIFYING AND INFORMING THOSE INDIVIDUALS AND REPORTING THEM TO THE AUTHORITIES AS TO WHETHER THEY ARE SAFE DRIVERS OR NOT."