

Joseph M. Pellerito, Jr.
Director of the Driving Simulation Laboratory and Associate Chair,
Department of Healthcare Sciences, Wayne State University

Contact Information -
E-mail: pellerito@wayne.edu
Phone: (313) 577-5880

The Effects of Driving Retirement on Elderly Men and Women Living in Metropolitan Detroit

- **Problem:**
 - **Despite an increased interest in older people as a group and what it means to age successfully, there is little empirical data and a lack of fundamental knowledge about how older women and men experience driving retirement.**

The Effects of Driving Retirement on Elderly Men and Women Living in Metropolitan Detroit

- Qualitative research methods were employed in this study to examine participants' self-defined meanings and experiences around driving retirement.
- Data in this study was derived from interviews of 30 elderly women and men (mean age of 73) who were living in Metropolitan Detroit in 2007.

The Effects of Driving Retirement on Elderly Men and Women Living in Metropolitan Detroit

- The participants experienced the effects of ill-health as a result of disease or physical trauma or both.
- These conditions led me to examine how driving retirement affected the participants in terms of three categories of subjective phenomena: (a) negative or deleterious effects; (b) positive or beneficial effects; and (c) mixed effects of driving retirement.
- The latter two categories (i.e., positive and mixed effects of driving retirement) provide new perspectives on driving retirement.

Central and Subordinate Themes – Phenomena Resulting From Ill-Health and Traumatic Injuries within the Context of Driving Retirement

Negative Consequences of Driving Retirement	Positive Consequences of Driving Retirement	Mixed Consequences of Driving Retirement
Decreased community mobility (n=19)	Increased time with family member(s) (n=17)	Introspection Leading to increased thoughts about death and dying (n=3)
Decreased community participation (n=13)	Increased community participation (n=6)	Decreased consumer spending (n=3)
Weakened social ties (n=7)		
Decreased Control (n=11)	Strengthened social tie(s) (n=5)	
Depression (n=4)	Increased sense of relief (n=8)	
Isolation and loneliness (n=9)	Increased sense of personal safety (n=6)	
Frustration (n=6)		

Promising Approaches to Driving Retirement

- Driving Retirement Planning Protocol (DRPP)
 - Funded by private foundation grants
 - On line and CD ROM/DVD formats
 - Evidence-based content from clinical and naturalistic studies
 - Continue conducting qualitative interviews, focus groups, and studies incorporating mixed-methods
 - Emphasize participant directed research approaches
 - Complete a comprehensive meta-analysis of the literature
 - Components of the DRPP may include incorporating the following:
 - Efficacy of refresher courses and self-assessments?
 - Driving simulation for remediation and to predict driver readiness*
 - OT and PT to improve sensorimotor factors
 - On-road training regimens in instrumented vehicles*
 - Supervised practice driving (for elders)*
 - Co-piloting strategies*
 - Driving performance and self-review using DriveCam technology
 - Driving hygiene strategies*
 - Graduated de-licensing with driving retirement contract*
 - OEM crash-avoidance systems
 - Strategies to reduce driver distractibility
 - Financial planning principles and driving retirement planning*
 - The effects of OTC and other medications on driving performance”

Note: asterisk denotes ongoing research at WSU.

Thank You