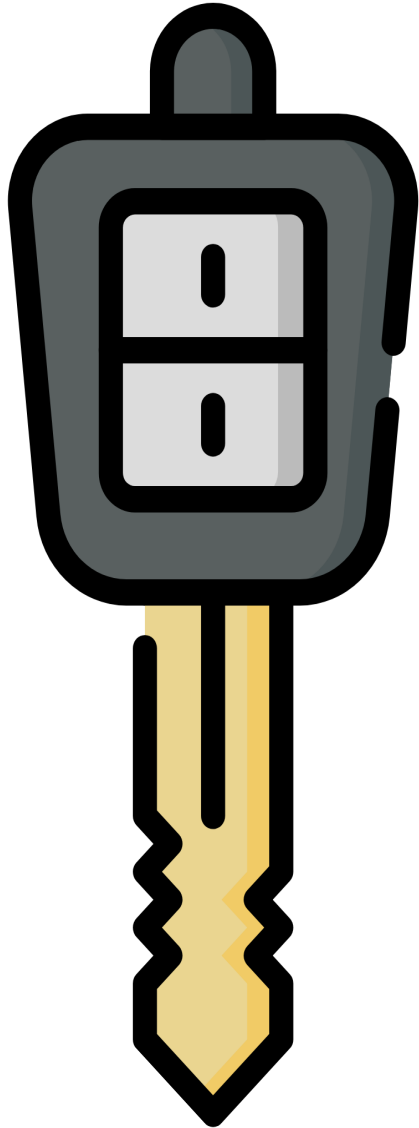


# DRIVING & COMMUNITY MOBILITY



Being able to visit one's community is often an important prerequisite to engaging in other meaningful activities. Occupational therapists work with patients experiencing challenges navigating the physical spaces in their communities, whether the challenge is navigating curbs and steep hills in a wheelchair, learning to use public transit, or returning to driving.

### **Occupational therapy assessments for community mobility:**

Occupational therapists can support physicians in assessing whether a patient has the physical and cognitive capacity to continue or resume operating a motor vehicle following an illness or injury, or simply as they age. They can also:

- Screening and assessments for an individual's ability to cross the street and navigate curbs and sidewalks, visual motor skills for reading signs, driving ability and safety and ability to use public transit
- Occupational therapists can assess a person's skills and safety in using a manual wheelchair, power wheelchair, or power scooter, or public transit

### **Occupational therapy interventions for community mobility:**

- Interventions can include developing alternative driving options, providing education about a patient's condition and how it impacts community mobility, restoring range of motion or strength, teaching cognitive strategies to improve safety and modifying vehicles with adaptive equipment.

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## **LEARN MORE!**

Fact Sheet: [Occupational Therapy and Fall Prevention](#) and [Prevent Falls with Home Modifications](#)

Occupational therapy (OT) practitioners are a natural fit for primary care teams because they offer a valuable, multi-scope skill set that is unique and cost-effective. As rehabilitation and health promotion experts, OTs can help improve client participation in daily activities, encourage healthy lifestyle choices, support mental health, foster self-management of chronic conditions, and identify those who need care prior to crisis or hospitalization.

To learn more, contact Tanya Fawkes, Regional Director CAOT-BC, at [tfawkes@caot.ca](mailto:tfawkes@caot.ca)



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