



Meeting in a Box Toolkit for National MS Society Connection Programs Volunteers

Topic: Driving and MS

May, 2015

Driving and the ability to own and operate a vehicle play a significant role in our daily activities and ability to function independently. The symptoms of MS – including problems with vision, sensory changes in the hands or feet, spasticity, weakness, and problems with memory and/or attention, among others – can affect the ability to drive safely and comfortably. You may need to consider adaptive equipment or discontinue driving, which can be an emotional decision.

This toolkit was designed to generate conversation within your group about driving with MS and will show the members of your group how to find resources that can either help them continue to drive or explore alternatives to driving. This toolkit includes:

- Suggested discussion questions
- *Driving with Multiple Sclerosis* brochure (PDF)
(<http://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Driving-with-Multiple-Sclerosis.pdf>)
- The Society-produced YouTube Video on Driving and MS <http://youtu.be/ImO5oaAvsKI>

We encourage you to set aside time during an upcoming meeting to use these materials to help facilitate a discussion about driving with MS. The video can be played during a group meeting if you have A/V equipment and internet access or if you request the materials on a CD. Hard copies of the publication, *Driving with Multiple Sclerosis*, are available upon request. Please contact Kay Stewart at kay.stewart@nmss.org or 303-698-6100 ext. 15197 to request a CD and/or hard copies of the brochure.

For questions about driving evaluations, vehicle adaptations or further information on driving with MS, please direct your group members to an MS Navigator at 1-800-344-4867.

For further information about presenting this topic to your group, please contact your local staff liaison.

Driving with Multiple Sclerosis Suggested Group Discussion Questions

- Have any of your MS symptoms impacted your driving? In what way?
- Do you worry if you are okay to drive?
- Have your family members or friends made any comments or suggestions about your driving or has anyone expressed a reluctance to ride in the car when you are driving?
- How would you talk to your loved one with MS about any changes you notice in his or her driving abilities?
- What types of adaptive equipment are available to help accommodate for MS symptoms?
- What was it like to learn how to drive with adaptive equipment?
- Are there any resources you found helpful in assessing your ability to continue driving?
- Have you been through a driver's evaluation? What did that entail?
- What advice would you give others living with MS who are thinking about their ability to continue driving?
- What are some strategies you use to maintain your ability to drive safely?
- What fears do you have about losing your ability to drive?
- If you have stopped driving due to your MS, what prompted your decision?
- What alternatives do you use to get around in lieu of driving?
 - How did you make this transition?