

Introduction

Driving is an extremely important task for many people enabling them to participate in their everyday out-of-home activities; driving to work, dropping children to school, getting to shops and other appointments, and engagement in leisure and social activities. This is particularly relevant to people in rural areas with limited access to other forms of transportation, as well as people who may not be able to easily use the available public transportation. Therefore, it is very important that occupational therapists and other healthcare professionals are prepared to discuss the possible impact that Multiple Sclerosis (MS) may have on the person's driving ability. Equally, many people with MS may be worried about current and/or possible future impact of the disease on their driving and they need to be able to have these conversations with their healthcare providers to enable them make decisions and plan for their future driving and transportation needs.

The Multiple Sclerosis (MS) and Driving Interview Guide was designed and developed for use in clinical practice to enable occupational therapists (and other healthcare professionals) initiate discussion with people with MS on driving and any impact MS may be having on their driving abilities.

Development of the Interview Guide

This interview guide was developed by a collective of healthcare professionals with clinical and research experience working with people with MS and in driving. Representatives of the MS Society Scotland contributed to the development of the Interview Guide and provided feedback on drafts of the guide. The guide was developed specifically to enable conversations about how some common MS symptoms e.g. physical, sensory, vision, fatigue and cognition may impact on the person's driving ability or their engagement with driving.

How to use this Guide

The 'MS and Driving Interview Guide' is designed to enable discussion about MS symptoms and to ascertain if any of the symptoms may be impacting on the person's driving. The person can indicate the level of difficulty (if any) that the particular MS symptom may be having on their driving (no difficulty, some difficulty, or a lot of difficulty). It offers an opportunity for the person to raise any concerns they may have about any of their MS symptoms and possible impact on driving.

The 'MS and Driving Interview Guide' should be introduced early, long before there are any problems with driving, serving as a proactive approach to raise awareness and enabling the person to commence longer term planning and preparedness for their future driving and transport options.

The 'MS and Driving Interview Guide' should not be used as a 'one-off' overview of driving. It should be used as part of the regular review cycle to allow opportunity for the person with MS be comfortable talking about the changes that are occurring for them in a more proactive way to maintain their driving skills. This 'ongoing review' approach will enable therapists, healthcare providers, and the person themselves be aware of, and monitor, changes occurring over time, and collaboratively plan for continued driving management through appropriate recommendations and advice.

The 'MS and Driving Interview Guide' is designed to be completed as part of a collaborative conversation between the healthcare professional and the person with MS, where both parties discuss the items within the guide together. It is essential to acknowledge that the person with a diagnosis of MS may or may not experience some or all of the symptoms listed. The guide may be given to the person with MS in advance of an appointment so they have time to read over the questions and they can self-complete the form prior to meeting with the healthcare professional. Collectively the healthcare professional and the person with MS can begin to formulate a driving management plan appropriate to any concerns or difficulties the person may have highlighted.

It is essential to reassure the person that the 'MS and Driving Interview Guide' is **NOT** a driving assessment tool, it is not designed to assess the person's fitness to drive. However, if significant issues are identified these may trigger the need for a more detailed assessment of fitness to drive.

Stapleton T.¹ & Preston J.² (2025). Multiple Sclerosis and Driving Interview Guide.

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SECTION 1

Name	Patient Record No.:		Date
Do you currently drive?	Yes	No	
How many years have you been driving	What year did you pass your driving test?		
Type of Licence you currently hold	Full Driver Licence	Medical Review Licence	Provisional / Learner permit
What type of car do you drive?	Manual	Automatic	
What model of car do you drive?			
Do you have any driving adaptations	Yes	No	
If Yes please list the adaptations:			
Do you hold a Blue Badge/ Disabled Parking Badge?	Yes	No	

Your current driving patterns/routines.

What are your usual driving patterns/routines?	YES	NO	N/A
Work - Do you need to drive to get to and from work?			
Work – Is driving an integral part of your work?			
Do you need to drive to engage in your typical 'out of home' activities? (<i>shopping, appointments, visiting, social & leisure, other life tasks, etc.</i>)			
Are you the main driver in your household?			
Do you drive long distances?			
Do you limit your driving to local areas only?			
Do you drive in bad weather? (<i>i.e. fog, heavy rain, snow, ice etc</i>)			
Do you drive at night?			
Do you drive in busy rush hour traffic?			
Is driving your primary mode of transportation?			
How many days per week do you drive? (in a typical week) <i>(please circle)</i>	1	2	3 4 5 6 7
Do you use other transportation for your out of home activities <i>(please tick)</i>	regularly	occasionally	never
List any other transportation used (i.e. Bus, taxi, other...):			


Additional Comments:

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Have you, or others (family, friends), noticed or commented on any new difficulties or concerns with your driving recently?	Have you made any changes to your usual driving patterns or routines recently? (if Yes, what changes did you make and why?)	Have you had any accidents, minor bumps etc, or any near misses in the past year? (if Yes, how many? and briefly describe.)

SECTION 2

<p>Please tick and comment as appropriate. Write N/A if the issue is not applicable.</p>	<p>I can do this without any problem/difficulty.</p> 	<p>I have some problems /difficulty with this, or I intermittently have problems with this task.</p> 	<p>I find this very problematic.</p> 
<p>I can</p> <ul style="list-style-type: none"> • get in and out of the driver seat • put on/take off seatbelt • open/close the car door • turn my neck and head to check 'blind spots' 			
<p>I can manage the storage and removal of any mobility equipment in the car (<i>if applicable, i.e. cane, crutch, rollator, wheelchair</i>)</p>			
<p>I can reach and have good coordination to operate all the hand controls in my car:</p> <ul style="list-style-type: none"> • ignition/key/start/stop button • indicators • wipers • headlights • steering wheel • gearstick • handbrake • radio/infotainment 			
<p>I have adequate movement and coordination in my legs to reach and operate the foot controls in my car:</p> <ul style="list-style-type: none"> • clutch • brake • accelerator 			
<p>I can drive without my arms or legs stiffening up or getting increased spasticity?</p>			
<p>I have adequate sensation in my hands and legs to allow me to operate all controls in the car.</p>			
<p>I worry about needing to go to the toilet when I am driving.</p>			
<p>I have to plan my driving trips carefully because I may need to schedule in regular toilet breaks.</p>			

<p>Please tick and comment as appropriate. Write N/A if the issue is not applicable.</p>	<p>I can do this without any problem/difficulty.</p> 	<p>I have some problems /difficulty with this, or I intermittently have problems with this task.</p> 	<p>I find this very problematic.</p> 
I can drive in warm weather or with the heating fans on without any difficulty?			
I can manage to drive longer distances without getting overly tired?			
Sometimes I feel too tired to drive.			
<p>I have noticed some visual difficulties when driving:</p> <ul style="list-style-type: none"> • Blurring of my eyesight • Double vision • Seeing all areas of the road that I need to see 			
<p>I have difficulty driving:</p> <ul style="list-style-type: none"> • at night-time/dusk • in poor visibility (fog, rain etc) 			
I can read traffic and road signs without any difficulty.			
I can drive without losing my concentration or attention.			
I can react and respond in a timely manner to changing traffic conditions or circumstances.			
I am able to judge distance between me and other road users.			
I am able to interpret and react to road signs appropriately.			
I am able to plan routes to unfamiliar areas.			
I am aware of how my medications might impact on driving.			
I am comfortable driving with passengers in the car.			
I get anxious or feel stressed when I am driving.			

SECTION 3 - DECISION/RECOMMENDATION

Based on your initial screening and discussion with the client indicate what your overall clinical impression and level of concern of the client's suitability for driving on the Visual Analogue Scale below.

On a scale of 1 to 10 how concerned are you about the person's current driving ability? <i>(please circle)</i>									
1	2	3	4	5	6	7	8	9	10
1 = major concerns and not appropriate for driving without further assessment							10 = no areas of concern noted and absolutely fit to continue current driving with no restrictions		

What is the recommendation and advice regarding the client's current driving ability? (tick one box only)

	Based on the screening discussion no deficits or concerns are evident and client seems fit to continue driving with no further driving assessment indicated at this time.	
	Based on the screening discussion some issues were raised but client appears fit to continue driving. Client demonstrates good awareness of issues. Some self-management and driving restrictions are recommended (ie no long distances, avoid night driving, temporarily stop driving until symptoms go into remission etc). Restrictions will require a level of self-regulation on the part of the client. No further assessment of driving is indicated at this time. May need review at a later date. Restrictions advised	
	Based on the screening discussion there are areas of concern that require more in-depth assessment before a decision can be made on fitness to drive. Further assessment by a qualified healthcare practitioner is required (ie Occupational Therapy, Physician, Optometrist/Ophthalmologist, Physiotherapist etc). List type of assessment(s) required	
	Based on the screening discussion the client has significant deficits that would indicate that he/she is not fit to continue driving at this time.	
All recommendations reflect current status at time of completion of this screening, any change in symptoms may require further investigation with regard to possible impact on driving status.		

Comments supporting the decision indicated above (if appropriate)

Therapist/Doctor:

Date: