

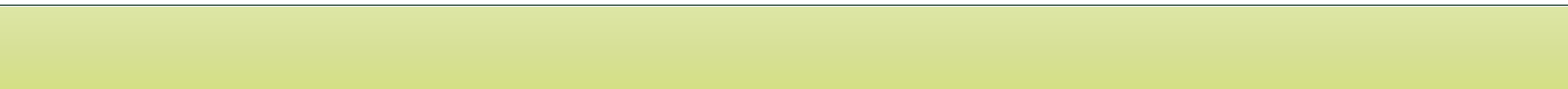


Teens – Driving – ADHD What's Your Plan?

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ADHD and Driving Risks

- 2-4 times more likely to have traffic accidents
 - (at higher risk of wrecking the car than a legally drunk adult)
- 3 times as likely to have injuries
- 4 times more likely to be at fault
- 6-8 times more likely to have their licenses suspended
- many more traffic violations than peers

Most Common Traffic Violations

- Speeding
- Not obeying signs and signals
- Following too closely
- Improper passing
- Not following road markings

Nadine Lambert, PhD – a study of 113 young men with severe ADHD compared to 335 peers without ADHD

A Comparison

ADHD Core Symptoms

- Distractability
- Inattention
- Impulsivity
- Executive function difficulties
- Poor judgment
- Risk-taking
- Thrill-seeking tendency

Safe Driving Core Skills

- Planning ahead
- Following through
- Staying on task

Driving is a privilege, not a right

Safeguard the driving of a teen with ADHD with treatment, planning and education

You can and *should* set expectations and rules for your teen to follow for safe driving

Maturity – the Four Be's

Be timely - don't rush the teen to drive too soon, but don't wait so long that the window to influence and establish safe driving habits is missed.

Be patient – good driving habits may take longer to master.

Be vigilant – driving judgments should improve over time, not stall

Be proactive – “narrate” the parent's driving to help teach the teen situational awareness

Treatment

- Long acting stimulants –
 - do the best job at decreasing distractability
 - Last into the evening hours, the most common time for teen crashes
 - “Keep your eyes on the road”

Teens who have received at least three years of stimulant medication are less likely to be in automobile accidents.

Minimize Distractions (and parents model, too)

- Voice activated devices (Siri, GPS)
- Talking on the cell phone
- Eating messy
- Complicated food
- Fiddling with the iPad/music choice
- Texting
- Checking Make-up
- Other passengers, especially other teens
- Substances - tobacco, marijuana or alcohol
- ADDitudeMag.com

Distraction Inoculation

- Lock smartphone in the trunk
- Put away food and drink
- Plan and map driving route (and agree on it) before departure
- Preset music selections
- Limit passengers to mature folk only
- Take stimulant medication as prescribed
- “Pre-flight” the car
- Leave plenty of time for the trip – no rushing

ADHD Safe Driving Program

- Developed by Russell Barkley, PhD and Daniel Cox, PhD
- Three levels of Independence
 - Level One (0-6 months) – drive only during daytime
 - Level Two (6-12 months) – extend driving time thru evening hours
 - Level Three (12-18 months) – drive freely while following agreed upon rules

How to get the keys

- Teen must keep a log of each driving experience – medication (if prescribed), destination, route/miles, contact name and number, time out/time returned, odometer
- Take medication as prescribed
- Fill out the log every trip
- While driving – keep music low, use preset radio stations only, no eating, no texting or mobile phone use, no other teens in the car, absolutely NO alcohol or other intoxicants

Steps to get started – the driving contract

Agreed to by parent and teen

- Parent – agrees teen can continue to drive if rules are followed
 - Has the responsibility to check the accuracy of teen's driving log and to find out whether rules were followed
 - Has the authority to give appropriate consequences if agreements are broken
- Teen – accepts ADHD as a neurobiological disorder that affects driving
 - Agrees to abide by the driving rules
 - Understands she can move to the next level only when she succeeds for 6 months in a row at her current level

Keys to driving success

- PRACTICE
- PATIENCE
- PARENTING
- PARTNERSHIP

Resources

CHADD.org –

AD/HD Safe Driving Program

National Resource Center on ADHD –

Teens and ADHD and Driving

ADDitudeMag.com –

Driving with Distractions

Crash Course: Safe Driving Tips for ADHD Teens