North East Trust for Aphasia

Driving with aphasia



You can not drive for **one month** after having a stroke.

You should **speak to your doctor** about returning to driving.

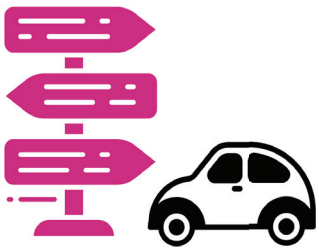
You must inform the DVLA about your **aphasia.**

You must **notify** your **insurance company.**



What might affect your ability to drive?

- **Physical** weakness in arm/ leg
- **Visual** neglect or changes in visual perception
- **Cognitive** difficulties such as problem solving, decision making, focusing attention
- **Fatigue**
- **Epilepsy**



Aphasia may affect

- Reading numbers - junctions / miles
- Reading and understanding road signs
- Reading maps
- Asking for directions or for help in an emergency
- Participating in verbal / written driving tests



The DVLA will let you know in **writing** if you can

Keep your license and continue driving

Have a **fixed term licence** that needs a review

Give you a **licence** for a vehicle with **adapted controls**

or tell you can **no longer drive**

DVLA contact: Tel 0300 790 6802

Email: contact.dvla.gov.uk



There is help to get back to driving

Mobility centre - refresher lessons
Adaptive equipment - automatic vs manual controls
Motability Scheme - might help with a lease car
Blue badge scheme - help with parking concessions



What if you can't drive?

Losing independence - relying on others can be frustrating and isolating.



But there are **alternatives** such as:

- Accessible buses and trains
- Free rail and bus passes



- Community transport
- Shop mobility in towns



The **Sunflower lanyard**
can be worn as a discreet sign that you have aphasia - a hidden disability.

https://hdsunflower.com/uk/

For more information contact: www.direct.gov.uk/motoring