



Living with Dementia and Driving Study

Promoting lifestyle and transport alternatives for people living with dementia

- Are you or your loved one living with dementia?
- Retired from driving or considering retiring in the future?
- Needing support?
- We invite you to participate in our research.
- We can come to you.



Researchers at The University of Queensland are recruiting for the *Living with Dementia and Driving Study* funded by the National Health and Medical Research Council (NHMRC).

Stopping driving can be one of the most challenging issues for people living with dementia, their families and health professionals.

Particular challenges may include:

- Not knowing the right time to stop driving.
- Unlicensed driving.
- Concerns about how to keep people engaged in valued activities without driving.

Participants and their care partner are able to participate in the community-based **CarFreeMe** program. The program offers emotional and practical support for people making the transition to life without driving.

The program includes:

- Collecting information about your needs related to getting around the community.
- Getting education, help and support from a health professional.
- Being part of a small group OR getting the help 1:1 at your home.

- Trying out different transport options and finding solutions to problems with getting around.

How effective is CarFreeMe?

Feedback from participants about **CarFreeMe** has been very positive.

They rated the program 9.7/10. People said after completing **CarFreeMe** they go out of the house more and use other transports more. People said they felt more ready to make the right decision, at the right time.

To participate in the Study or find out more, scan the QR code or contact:

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