

Driving after stroke



If you have a licence to drive a car or motorcycle (category B licence) the DVLA states that **you must not drive for at least one month after a stroke or TIA**. Some people have to stop driving for longer, or will not be able to drive again. Once you have recovered sufficiently, you may be allowed to start driving again if there are no long-term effects that significantly affect your driving abilities. Please note that rules for people who have had multiple TIAs or wish to drive public service vehicles/ HGVs/ Buses are different.

If after one month, you still have some difficulties that could affect your ability to drive, then you will need to inform the DVLA. You may also need further assessment or rehabilitation before your doctors or the DVLA feel you have recovered sufficiently to return to driving.

Other health conditions also have driving restrictions attached to them (e.g. some types of haemorrhage, if you experience seizures after your stroke, or have had multiple strokes or TIAs). Please ask your therapist or doctor who can advise you further on the DVLA guidelines for your health condition(s).

Most motor insurance providers also require you to tell them of any changes to your health in order for your insurance to remain valid, **so you may need to tell your insurance provider that you have had a stroke**.

How might a stroke affect my driving?

After a stroke **your ability to drive safely may be affected in various ways**. For example, you may have changes to your physical or visual abilities, or you may have difficulty concentrating for long periods of time or with making quick decisions.

Your ability to safely drive may still be affected by a stroke, even if you were a highly proficient or experienced driver beforehand.

The therapists working with you can assess some of the physical and cognitive skills you need for driving as part of their work with you. The results of these assessments

can help your doctors and the DVLA to make decisions about your returning to driving. Please note, the DVLA makes the ultimate decision about driver licencing.

If you are unsure about whether you need to stop driving, you can phone the DVLA directly to ask them and they will be able to advise you whether it is safe for you to return to driving at that point in time.

For more information about DVLA and Government guidelines around driving after a stroke please visit: <https://www.gov.uk/health-conditions-and-driving>

IMPORTANT: The UK Gov website states that you can be fined up to £1,000 if you don't tell DVLA about a medical condition that affects your driving. You may be prosecuted if you're involved in an accident as a result.

"This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg"