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University Health Board

Driving after stroke



Occupational Therapy Department

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**. After a month you may be allowed to start driving again if your doctors and therapists feel you have recovered sufficiently, and 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. Please ask your therapist for further details.

If after one month, you still have some difficulties that could affect your ability to drive, then you will need to inform the DVLA and your insurance companies about this. You may also need further assessment or rehabilitation before your doctors and therapists feel you have recovered sufficiently to return to driving. There is more information on how to do this in the Stroke Passport.

How might a stroke affect my driving?

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

The CNRS professionals will be able to assess the physical and cognitive skills you need for driving. They will also advise whether it is safe for you to return to driving at that point in time.

What assessments might be used?

Physical: As part of their broader work with you, your Occupational Therapist or Physiotherapist will consider your physical abilities, and will assess any difficulties such as muscle weakness, co-ordination and visual disturbances. This may also require assessment by other services such as orthoptics/optician for vision.

Cognitive: You may be asked to complete some cognitive screening assessments, such as the Montreal Cognitive Assessment, the Oxford Cognitive Screen, or the Rookwood Driving Battery. Your Occupational Therapist may be able to complete these assessments with you, you may be referred to a Clinical Psychologist, and you may be referred to clinic or the Wales Mobility and Driving Assessment Service for further assessment. These assessments will help us understand whether there are any cognitive difficulties that may impact on your ability to drive a motor vehicle safely.

The results of the assessments will be shared with your GP and Stroke Consultant.

For more information about driving after stroke, including information about informing the DVLA or your insurance companies, please visit: <https://www.stroke.org.uk/resources/driving-after-stroke>