

DRIVING AND PARKINSON'S

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.



Having Parkinson's doesn't necessarily mean that you will have to stop driving. But there are some things you need to know about staying safe on the road.

This booklet answers the most frequently asked questions about driving and Parkinson's. It also has details about parking concessions, driving aids and where you can find useful information and support.

You can also find out more about transport and travel schemes in our information sheet *Help with getting around* (see page 31 for details on how to order).

NB The information in this booklet is correct as of March 2016, but is subject to change.

Contents

Telling your licensing agency that you have Parkinson's	5
Do I have to tell the licensing agency that I have Parkinson's?.....	5
If I do not tell the licensing agency about my health, will my GP or specialist have to tell them?	6
How does the licensing agency decide if I'm able to drive?	6
What decisions can the licensing agency make?.....	7
Asking the licensing agency to reconsider its decision.....	9
Making your appeal	9
Free bus pass.....	10
Driving in Jersey and Guernsey	11
Will Parkinson's medication affect my ability to drive?	12
Drugs and driving: the law.....	12
Other options.....	13
Telling your insurance company that you have Parkinson's	15
Do I have to tell my insurance company that I have Parkinson's?	15
Where can I get insurance?	15
Insurance complaints.....	15
Parking concessions	16
The Blue Badge scheme	16
Where can I find out more or apply for a Blue Badge?	16
What extra rights does a Blue Badge give?	17
Are there any restrictions?	17
What if my application is refused?	17
Can a Blue Badge be used on holiday outside of the UK?	17

General information..... 18

Driving aids 18

Road Tax (vehicle excise duty)..... 18

Personal safety while driving 18

Motability 19

Mobility centres 20

Driving Mobility centres..... 20

More information and support..... 24

Medical fitness to drive form 28



TELLING YOUR LICENSING AGENCY THAT YOU HAVE PARKINSON'S

There are many people who continue to drive after they are diagnosed with Parkinson's. The Driver and Vehicle Licensing Agency (DVLA) in England, Scotland and Wales and the Driver and Vehicle Agency (DVA) in Northern Ireland make every effort to ensure that people with health problems or disabilities can stay as mobile as possible and are safe to do so.

In this booklet we refer to the DVLA and the DVA as the licensing agency. You can also find a separate section for driving licensing laws in Jersey and Guernsey.

Do I have to tell the licensing agency that I have Parkinson's?

Yes. When you are diagnosed with Parkinson's, you must tell the licensing agency (DVLA OR DVA) straight away and talk to your GP, specialist or Parkinson's nurse (if you have one). Having the condition doesn't necessarily mean that your licence will be affected, but you may

“My wife was getting to the end of her tether with driving. We talked about it for some time and in the end swapped her car for an automatic one. This has given her a new lease of life with regard to driving.”

Graham, whose wife has Parkinson's

need to have a medical or driving assessment.

Also, anyone applying for a driving licence has to complete a section on the application form indicating any health problems they may have.

Contact the relevant organisation below for a full list of medical conditions that could affect your driving.

In England, Scotland and Wales:

DVLA

0300 790 6806

www.gov.uk/health-conditions-and-driving

In Northern Ireland:

DVA

0845 4024 000

www.nidirect.gov.uk/motoring

If I do not tell the licensing agency about my health, will my GP or specialist have to tell them?

Your GP or specialist has no legal duty to tell the licensing agency about your Parkinson's. But they may contact the licensing agency if they have told you to stop driving and they don't think you have.

The General Medical Council has advised that a doctor has an obligation to inform the licensing agency in this case.

If the licensing agency asks your doctor for medical information, then they will give as much information about your health as is necessary for a driving licence assessment.

How does the licensing agency decide if I'm able to drive?

To decide whether you're fit enough to drive, the licensing agency will need to find out more about your condition. You will be asked to complete the 'Medical Fitness to Drive' form PK1 in England, Scotland or Wales, or DL1 in Northern Ireland. (See page 28 for the types of questions asked on these forms).

These forms are available from:

PK1

Drivers Medical Group

DVLA

Swansea SA99 1TU

0300 790 6806

Visit **www.gov.uk** and search for 'Parkinson's and driving'

DL1

Drivers Medical Section

DVA

Coleraine County Hall

Castlerock Road

Waterside

Coleraine, BT51 3TB

0845 4024 000

dva@doeni.gov.uk

You have to provide contact details for your GP, specialist or Parkinson's nurse and details of any recent hospital or clinic visits. You will need

to give your driver number (the number on your driving licence) or full name and date of birth, your address and as much detail as possible about your condition. Remember, if you do not inform the licensing agency about your condition, you are committing a criminal offence.

The licensing agency may be able to make their decision from the information you give them. But if they need more information, the licensing agency will write to your GP or specialist for further details. They may also ask you to go for a medical examination that will be carried out by a doctor chosen by the licensing agency.

The medical examination will be arranged to take place as near as possible to your home. It will be free of charge, but you will have to pay your own travel costs.

In most cases, there will be no need to retake a driving test, but in a small number of cases, a driving assessment may be required. This may be at one of the Driving Mobility centres (see page 20) or at a Driving Standards Agency Test Centre.

What decisions can the licensing agency make?

Once the licensing agency has assessed your ability to drive, it will decide if:

- you can have or keep your licence without any restriction
- you can have a short licence (usually valid for one, two or three years). This decision is reviewed when the licence runs out. You may not be allowed to drive a minibus unless you can meet the medical standards, which are higher than for an ordinary car licence
- you must stop driving and give up your licence
- your licence should be restricted to particular vehicles with adaptations

If the licensing agency decides you cannot have a licence, it will give you a medical reason why, as well as details of if and when you can reapply. It will also return any fees sent with the application form.

If your licence is refused or taken away on medical grounds and you then become well enough to drive again, you can reapply for your licence. Check with your GP,



specialist or Parkinson's nurse that you can meet the medical standards for driving before reapplying for your licence. If the licensing agency decides you can drive after their medical enquiries, you will be issued with a new licence.

If you have been told that you must adapt your car, you can get an independent assessment of your needs through the Driving Mobility centres (see page 20).

Asking the licensing agency to reconsider its decision

If you want the licensing agency to reconsider its decision because you feel they have misinterpreted or misunderstood the information about your condition, you should contact them explaining why you feel the decision is wrong.

The licensing agency will, generally, reconsider its decision, but will expect you to provide fresh medical evidence. You may need to ask your GP to refer you to a specialist who can provide this in a letter, and you may have to pay for it.

If the licensing agency does not change its decision, you can appeal to the Magistrates' Court in England and Wales, the Sheriff Court in Scotland or to Petty Sessions in Northern Ireland.

The appeal must be lodged with the Magistrates' Court within six months, within 21 days to the Sheriff Court and within three months to the Clerk of Petty Sessions, from the date your licence was taken away or refused. You must inform the licensing authority that you plan to lodge an appeal.

Making your appeal

The Magistrates' Court, Sheriff Court or Petty Sessions have the power to examine the case and to change the licensing agency's decision, if appropriate.

A licensing agency medical adviser will attend the hearing as a witness and the licensing agency will be represented by a barrister. Normally, the court can only look at existing evidence and cannot consider any new evidence. If new medical evidence is available, it would be best if you forward this information to the licensing agency for consideration out of court.

If you are considering going to court, you should think about seeking legal advice. You can get free advice from the Disability Law Service or Disabled Motoring UK. See the 'More information and support' section for contact details of both organisations.

Free bus pass

If you live in England, Wales or Scotland and your driving licence has been refused or taken away for medical reasons, then you may be entitled to a free bus pass, whatever your age. If you live in England or Wales, contact your local council to find out who issues disabled bus passes in your area. Visit [gov.uk/apply-for-disabled-bus-pass](https://www.gov.uk/apply-for-disabled-bus-pass) to find out how. If you live in Scotland, contact your local authority or visit www.transportscotland.gov.uk

In Northern Ireland you are eligible for half-fare bus travel if you have had your driving licence refused or revoked on medical grounds, or you receive the mobility component of Disability Living Allowance. Visit www.nidirect.gov.uk/free-bus-travel-and-concessions for more information.

“ I informed the DVLA when I was told I had the early stages of Parkinson’s. I had to send my driving licence to them, they returned it to me and they had only given me a three-year one. I can understand this, though, as Parkinson’s can progress so quickly in some people and not in others. I think I will know when that time comes for me. ”

Jan, who enjoys gardening



DRIVING IN JERSEY AND GUERNSEY

Licensing laws in Jersey and Guernsey are almost the same as in the rest of the UK. The main differences are shown below.

Jersey

You have to tell Driver and Vehicle Standards if you have a medical condition that may affect your driving. The application form for a licence contains a medical section. If you answer yes to any of the questions about an existing medical condition then a medical form will be sent out to you. Take the form to your GP or specialist to complete and sign, then return the form to your parish hall. If you have any restrictions due to a medical condition, 'code 05 – Limited use (driving subject to restrictions for medical reasons)' will be printed on your driving licence.

A full valid driving licence (not provisional) must be surrendered in exchange for a Jersey driving licence. You can exchange your licence for a Jersey licence at your local parish hall.

For further details contact:

[Driver and Vehicle Standards](#)
01534 448 600
dvsinfo@gov.je
www.gov.je/travel/motoring

Guernsey

Here, you have to tell Driver and Vehicle Licensing if you have any disability or illness that may affect your driving. You need to fill in a medical report form that has to be signed by your GP or specialist. If you have an existing medical condition, you must renew your licence every five years. In Guernsey you need to exchange your UK licence (if you have one) for a Guernsey version within a year of living there. If you don't do this, you will be required to retake your driving test, including the theory test.

For further details contact:

[Driver and Vehicle Licensing](#)
01481 243 400
www.gov.gg/motoring

WILL PARKINSON'S MEDICATION AFFECT MY ABILITY TO DRIVE?

Drowsiness is a side effect of some Parkinson's drugs and this can sometimes be severe. Parkinson's medications can cause excessive daytime sleepiness or make you fall asleep suddenly. This may be more likely in people with more advanced Parkinson's who are taking multiple medications or are increasing their medication, particularly dopamine agonists.

Although this is concerning, the DVLA has stated that the risk of falling asleep suddenly is low and that taking Parkinson's drugs should not automatically mean you have to stop driving. However, if you experience any excessive daytime sleepiness or falling asleep suddenly, you should not drive and you should inform your GP, specialist, or Parkinson's nurse.

Find out more: see our booklet *Drug treatments for Parkinson's*, where you can read about the advantages and disadvantages of the different types of drugs used to treat Parkinson's.

Drugs and driving: the law

As of March 2015, it is illegal in England and Wales to drive if you are unfit to do so because you are on legal drugs. Legal drugs are prescription or over-the-counter medicines. While the drugs listed under this law are not Parkinson's-specific drugs, people with the condition may be prescribed them to treat symptoms associated with the condition, such as anxiety, or for other health problems.

Talk to your GP about whether you should drive if you've been prescribed any of the following drugs:

- Clonazepam (a drug commonly prescribed for people who suffer from restless leg syndrome)
- diazepam
- flunitrazepam
- lorazepam
- methadone

- morphine or opiate and opioid-based drugs
- oxazepam
- temazepam

You can drive after taking these drugs if:

- you have been prescribed them and advised how to take them by a healthcare professional
- they aren't causing you to be unfit to drive, even if you're above the specified limits

You could be prosecuted if you drive with certain levels of these drugs in your body and you haven't been prescribed them.

The law doesn't cover Northern Ireland and Scotland but you could still be arrested if you're unfit to drive. Talk to your GP, specialist or Parkinson's nurse if you have any concerns.

You may find it useful to carry a copy of your prescription with you when you're driving, just in case you are stopped for any reason or are involved in a traffic incident. If you have any concerns, speak to your GP, specialist or Parkinson's nurse.



Other options

You may also want to think about other options to help you to continue driving safely, such as an adapted car. See the 'Mobility centres' section on page 20 for more information. If you are legally able to drive, it's still important to make sure you feel safe and comfortable to do so.



TELLING YOUR INSURANCE COMPANY THAT YOU HAVE PARKINSON'S

Do I have to tell my insurance company that I have Parkinson's?

Yes. It is very important to let your insurance company know of any change in your health that may affect your ability to drive. It is a criminal offence to make a false statement or to withhold information in order to get motor insurance and it may also make your existing policy invalid.

You must also be sure to tell your insurers about any adaptations you make to the insured vehicle.

Where can I get insurance?

Some insurance companies may add extra premiums for people who have disabilities or medical conditions, including Parkinson's.

Shop around for the most competitive cover and get a number of quotes. It is also very important to check the policy thoroughly and to read the small print before you sign anything. For details of insurance

companies willing to quote for drivers with Parkinson's, contact:

[British Insurance Broker's Association](#)

Find a Broker line **0870 950 1790**

(call charges are 25p per minute, average call length two to three minutes)

enquiries@biba.org.uk

www.biba.org.uk

Insurance complaints

If you have a complaint about an insurance company, the Financial Services Ombudsman may be able to help you. The ombudsman is an independent and impartial organisation set up to sort out complaints that consumers and businesses are unable to resolve themselves. It is important that you try to resolve your problem with your insurance company before contacting the ombudsman.

[Financial Ombudsman Service](#)

0800 023 4567

www.financial-ombudsman.org.uk

PARKING CONCESSIONS

The Blue Badge scheme

You may find the Blue Badge scheme helpful if you have problems walking. A badge can sometimes be used to park nearer to your destination than parking rules would normally allow, and may give you extra rights. The details vary from one local authority to another and change from time to time. Ask your council for details of those rights, and check their website regularly for any changes.

Blue badges are issued to a person – not a specific vehicle – and can be awarded to you as a driver and as a passenger. They can be used in any vehicle in which you are travelling, including a taxi or hire car – the badge should be clearly visible on the dashboard.

Where can I find out more or apply for a Blue Badge?

If you live in England, Scotland or Wales you can apply for a blue badge online at **www.gov.uk**.

You can also apply for a badge by contacting your local authority. Alternatively you can contact the Government's Initial Enquiry Support Service:

Blue Badge Initial Enquiry Support Service

0844 463 0213 (England)

0844 463 0214 (Scotland)

0844 463 0215 (Wales)

bluebadge@northgate-is.com

In Northern Ireland contact:

The Blue Badge Scheme

0300 200 7818

Fax **028 6634 3730**

bluebadges@drdni.gov.uk

You can also apply online at **www.nidirect.gov.uk**

If you need to give details of your health issues, make sure that you give a full, accurate account about the impact these have on you when you're at your best and at your worst. Also provide details of any falls or other accidents you've had.

There is no limit on how many times you can apply for a Blue Badge. If you are unsuccessful on your first attempt and your situation changes, you can try again.

What extra rights does the Blue Badge give?

Each local authority sets out the details of any extra rights. This may include being able to park on single or double yellow lines, parking free of charge at on-street meters and pay-and-display machines, and on-street parking bays. Ask your local authority for a written statement of their rules, but check their website regularly as the rules can change or be suspended.

Are there any restrictions?

The Blue Badge scheme does not give holders any rights when parking on private roads, at most airports, or in off-street car parks, such as supermarket or local authority car parks.

What if my application is refused?

If your application is refused your council should tell you why. You can ask them to reconsider your case if you don't think the information you provided was taken into account. You can also



reapply if your mobility problems become more serious.

Can a Blue Badge be used on holiday outside of the UK?

It can be used in some European countries, but be aware that the rules vary from country to country.

The Department for Transport has a leaflet called Using a Blue Badge in the EU. You can download or print this from the publications section of the government's website, www.gov.uk

GENERAL INFORMATION

Driving aids

There are many different types of vehicle adaptation available to assist disabled drivers, including steering aids and pedal adaptations. Mobility centres (see page 20 for more information) can advise you further. We recommend that you have an assessment by a driving centre before you have any adaptations fitted to your car.

Road Tax (vehicle excise duty)

If you get the higher rate mobility component of the Disability Living Allowance (DLA), the enhanced rate of the Personal Independence Payment (PIP) or a War Pensioners Mobility Supplement you don't have to pay for a vehicle licence. You may also be exempt from payment at certain toll bridges and tunnels. Contact the Disability Living Allowance Unit or, in Northern Ireland, the Disability and Carers Service to get a Certificate of Entitlement to obtain a free tax disc. The certificate will be renewed

every year, and a free tax disc sent to you.

In England, Scotland and Wales contact:

Disability Living Allowance Unit
0845 712 3456

Textphone **0845 722 4433**
dcpu.customer-services@dpw.gsi.gov.uk

For Northern Ireland contact:

Disability and Carers Service
02890 906 182

Textphone **0800 243 787**

Personal safety while driving

There are several books available that give advice on safe driving and can be found in most public libraries or from one of the organisations mentioned in this booklet.

It is a good idea to have a mobile phone with you in your car so you can make emergency phone calls without leaving the vehicle should

you need help. However, you should be aware it is an offence to use a mobile phone when you are driving.

Most smartphones and iPhones can be linked to a speaker by a Bluetooth device (typically attached to the sun visor of your car). This allows you to make a call 'hands free' if necessary. On many newer cars this facility is built into the radio system.

Motability

Motability exists to help keep disabled drivers on the road. The Motability Scheme enables disabled people to exchange either their Higher Rate Mobility Component of Disability Living

Allowance, the Enhanced Rate of the Mobility Component of Personal Independence Payment, the War Pensioners' Mobility Supplement (WPMS) or the Armed Forces Independence Payment to obtain a new car, powered wheelchair or scooter.

0845 456 4566

Textphone **0845 675 0009**
(Mon–Fri, 8.30am–5.30pm).

www.motability.co.uk

Find out more: see our [information sheets](#) *Help getting around* and *General information about benefits*.



MOBILITY CENTRES

Mobility centres provide information and advice on driving for anyone with a disability who uses a car (as a driver or a passenger) and offer assessments on your ability to drive. Information and advice is free, but centres do charge for assessments and driving tuition.

There are a number of centres in the UK which may offer the following services, depending on their size:

- a free information service for disabled and older people, their families and professionals
- advice on choosing a vehicle, driving it, driving controls and learning to drive
- assessment and advice about getting in and out of vehicles and about safe loading of wheelchairs and other equipment

- advice on selecting and choosing wheelchairs (powered and manual) and scooters
- driving tuition, new drivers, those returning to driving and those changing to a different method of vehicle control
- fitting car adaptations for drivers and passengers with disabilities

Driving Mobility

01872 672 520

info@drivingmobility.org.uk

www.drivingmobility.org.uk

Driving Mobility centres

England:

Cornwall Mobility Centre

North Buildings, Royal Cornwall Hospital, Truro, Cornwall TR1 3LQ

01872 254 920

enquiries@cornwallmobilitycentre.co.uk

www.cornwallmobilitycentre.co.uk

DrivAbility (Derby Regional Mobility Centre)
Kingsway Hospital, Kingsway,
Derby DE22 3LZ
01332 371 929
driving@derbyhospitals.nhs.uk
www.derbydrivability.com

East Anglian DriveAbility
2 Napier Place, Thetford, Norfolk
IP24 3RL
01842 753 029
mail@eastangliandrivability.org.uk
www.eastangliandrivability.co.uk

Hertfordshire Action on Disability Mobility Centre
The Woodside Centre, The
Commons, Welwyn Garden City
AL7 4DD
01707 324 581
driving@hadnet.co.uk
www.hadnet.org.uk

Driving and Mobility Centre (West of England)
Living Mobility and Driving Centre,
The Vassall Centre, Gill Avenue,
Fishponds, Bristol BS16 2QQ
0117 965 9353
www.thisisliving.org.uk

North East Drive Mobility
Independent Assessment and
Advice Service, Walkergate Park,
Benfield Road, Newcastle-Upon-
Tyne NE6 4QD
0191 287 5090
northeast.drivemobility@ntw.nhs.uk
www.ntw.nhs.uk/mobility

QEF Mobility Services
1 Metcalfe Avenue, Carshalton,
Surrey SM5 4AW
0208 770 1151
mobility@qef.org.uk
www.qef.org.uk/our-services/qef-mobility-services

Regional Driving Assessment Centre
Unit 11, Network Park, Duddeston
Mill Road, Saltley, Birmingham
B8 1AU
0300 300 2240
info@rdac.co.uk
www.rdac.co.uk

South East DriveAbility
First Floor, Aylesford Logistics
Centre, Bellingham Way,
Aylesford, Kent ME20 6XS
0300 0134 886
kcht.sedrivability@nhs.net
www.kentcht.nhs.uk/service/southeast-driveability/

Wessex DriveAbility

Leornain House, Kent Road,
Portswood, Southampton
SO17 2LJ

02380 554 100

enquires@wessexdriveability.org.uk

www.wessexdriveability.org.uk

William Merritt Disabled Living Centre and Mobility Service

Aire House, 100 Town Road,
Rodley, Leeds LS13 1HP

0113 350 8989

info@wmdlc.org

www.wmdlc.org

North West Driving Assessment Centre

Fleet House, Pye Close, Haydock,
St Helens, Lancashire WA11 9SJ

01942 483 713

mobility.centre@bridgewater.nhs.uk

www.bridgewater.nhs.uk/northwestwide/northwestdrivingassessmentservice/

Northern Ireland:

Disability Action

Portside Business Park, 189
Airport Road, Belfast BT3 9ED

02890 297 877

hq@disabilityaction.org

www.disabilityaction.org

Scotland:

Scottish Driving Assessment Centre

Astley Ainslie Hospital, 133 Grange
Loan, Edinburgh EH9 2HL

0131 537 9192

lothian.scottishdrivingassessment

service@nhs.net

www.smart.scot.nhs.uk/driving-assessment

Wales:

North Wales Mobility and Driving Assessment Service

Disability Resource Centre, Glan
Clwyd Hospital, Bodelwyddan,
Denbighshire LL18 5UJ

01745 584 858

mobilityinfo@btconnect.com

www.wmdas.co.uk

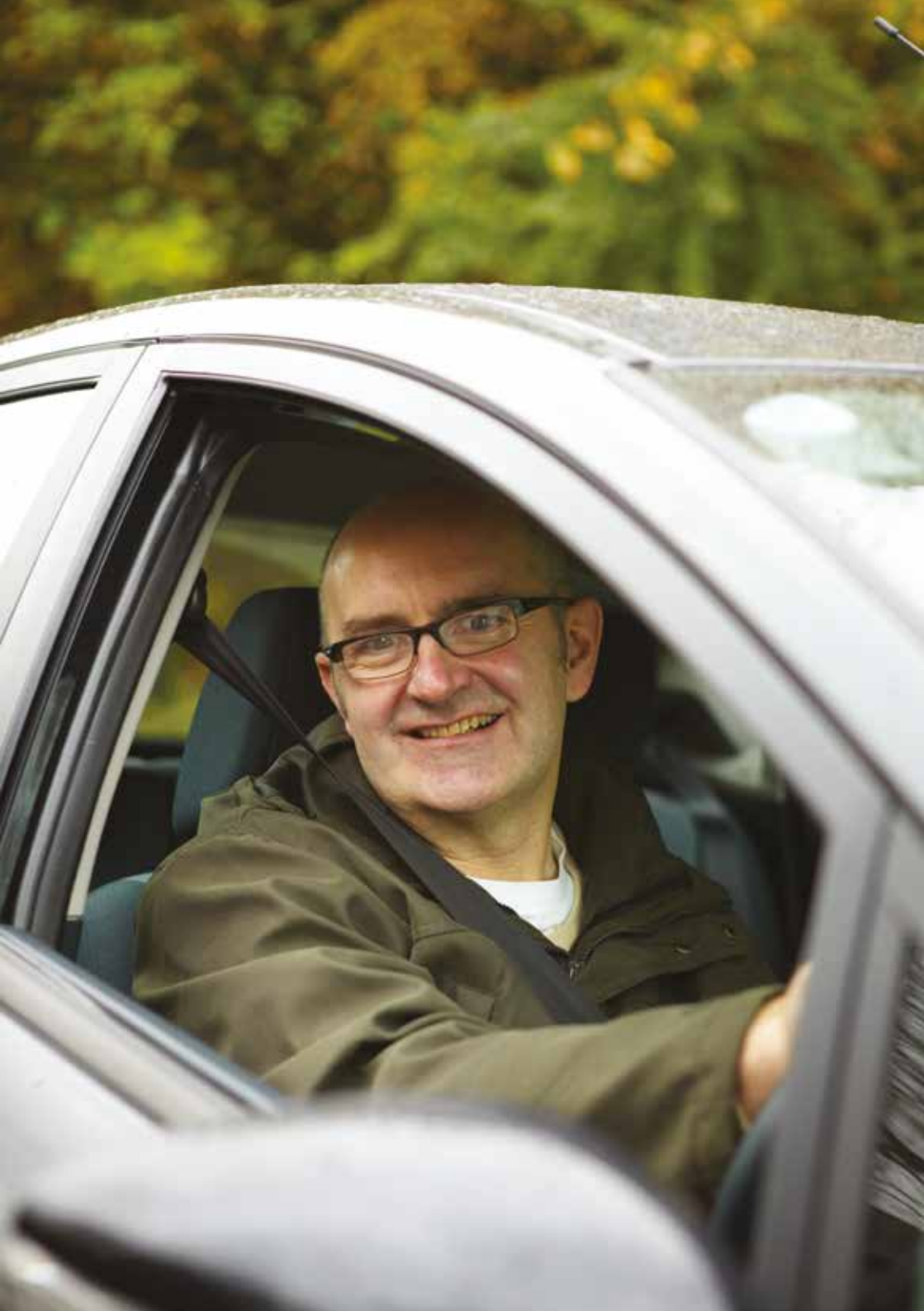
South Wales Mobility and Driving Assessment Service

Rookwood Hospital, Fairwater
Road, Llandaff, Cardiff CF5 2YN

02920 555 130

helen@wddac.co.uk

www.wmdas.co.uk



MORE INFORMATION AND SUPPORT

Parkinson's nurses

Parkinson's nurses provide expert advice and support to help people with Parkinson's and those who care for them to manage symptoms. They can also act as a liaison between other health and social care professionals to make sure your needs are met.

The role of the Parkinson's nurse varies. Each will offer different services, aiming to meet local needs. Some nurses are based in the community, whereas others are based in hospital settings. Many Parkinson's nurses are independent prescribers. This means they can prescribe and make adjustments to medication, so someone with Parkinson's doesn't always need to see a specialist for changes to or queries about their Parkinson's drugs.

Parkinson's nurses may not be available in every area, but your GP or specialist can give you more details on local services.

You can find out more at parkinsons.org.uk/nurses

Information and support from Parkinson's UK

You can call our free confidential helpline for general support and information. Call **0808 800 0303** (calls are free from UK landlines and most mobile networks) or email hello@parkinsons.org.uk

We now run a peer support service if you'd like to talk on the phone with someone affected by Parkinson's who has faced similar issues to you. The service is free and confidential – ring the helpline and they will match you with a peer support volunteer.

Our helpline can also put you in touch with one of our Parkinson's local advisers, who provide one-to-one information and support to anyone affected by Parkinson's. They can also provide links to local groups and services.

Our website has information about your local support team and how to contact them at **parkinsons.org.uk/localtoyou**. You can find details of our local groups and your nearest meeting at **parkinsons.org.uk/localgroups**. You can also visit **parkinsons.org.uk/forum** to speak with other people in a similar situation on our online discussion forum.

Licensing agencies

Your licensing agency can provide information on all aspects of driving and advise you on driving with a disability.

For general DVLA enquiries in England, Scotland and Wales contact:

[Drivers Customer Services](https://www.dvla.gov.uk)
0300 790 6801
www.dvla.gov.uk

For DVLA enquiries regarding a medical condition contact:

[Drivers Medical Group](https://www.direct.gov.uk/emaildvla)
0300 790 6806 Mon–Fri, 8am–5.30pm and Sat, 8am–1pm
www.direct.gov.uk/emaildvla
www.direct.gov.uk/driverhealth

For general DVA enquiries in Northern Ireland contact:

[Driver Licensing Division](https://www.dvni.gov.uk)
0845 402 4000
dvlni@doeni.gov.uk
www.dvani.gov.uk

For DVA enquiries regarding a medical condition contact:

[Drivers Medical Group](https://www.nidirect.gov.uk/motoring)
0845 4024 000
www.nidirect.gov.uk/motoring

[Driver and Vehicle Licensing – Guernsey](https://www.gov.gg/motoring)
01481 243 400
www.gov.gg/motoring

[Driver and Vehicle Standards – Jersey](https://www.gov.je/motoring)
01534 448 600
dvsinfo@gov.je
www.gov.je/travel/motoring

Other organisations

[Blue Badge Initial Enquiry Support Service](https://www.bluebadge.gov.uk)
0844 463 0213 (England)
0844 463 0214 (Scotland)
0844 463 0215 (Wales)
bluebadge@northgate-is.com



The Blue Badge Scheme

0300 200 7818

Fax **028 6634 3730**

bluebadges@drdni.gov.uk

You can also apply online at

www.nidirect.gov.uk

British Insurance Broker's Association (BIBA)

Contact BIBA's Find-A-Broker
Service for a broker best suited
to help with your specific insurance.

0370 950 1790

enquiries@biba.org.uk

www.biba.org.uk/find-insurance

Congestion Charging London

0845 900 1234

Textphone **020 7649 9123**

www.tfl.gov.uk/congestioncharge

Department for Transport (DfT)

The DfT aims to make provisions
for all public transport users and
motorists that are acceptable,
accessible, and affordable. It has
a wide range of information and
publications on disability and
transport.

0300 330 3000

www.dft.gov.uk

Disability Alliance

Disability Alliance is a national
registered charity that works to
relieve the poverty and improve the
living standards of disabled people.

020 7247 877

enquiries@disabilityrightsuk.org

www.disabilityalliance.org

Disability Law Service

020 7791 9800

advice@dls.org.uk

www.dls.org.uk

Disability Benefits Helpline

0845 712 3456

Textphone **0845 722 4433**

dcpu.customer-services@dwp.

gsi.gov.uk

www.gov.uk/disability-benefits-helpline

Disabled Living Foundation

The Disabled Living Foundation offers advice and information on all types of disability equipment. It has details on car and van conversions, hoists and lifting equipment, car seats, vehicles for hire, accessories and much more.

020 7289 6111

Helpline **0300 999 0004**

info@dlf.org.uk

www.dlf.org.uk

Disabled Motoring UK

Disabled Motoring UK provides help and advice to disabled drivers and passengers. It runs an information service for members, produces useful publications and negotiates travel concessions. Membership costs £20 (£30 joint) per year.

01508 489 449

info@disabledmotoring.org

www.disabledmotoring.org

Financial Ombudsman Service

0800 023 4567

www.financial-ombudsman.org.uk

The Institute of Advanced Motorists

A road safety charity dedicated to increasing skills for road users and raising driving standards. They offer driving assessments and training for confident driving.

0845 126 8600

www.iam.org.uk

Rica

Rica provides useful information on what to look for when choosing a car, helpful tips on techniques for getting in and out of vehicles and on financing your car. Rica also publishes booklets on equipment and car adaptations. All are available free of charge from their website.

020 7427 2460

mail@rica.org.uk

www.rica.org.uk

Medical questions from the 'Medical fitness to drive' form

These are sample questions, please contact your licensing agency for the relevant form.

Do you need to take medication for Parkinson's or any other medical condition? No Yes

If **Yes**, please supply in brief details of any treatment and dosage (the amount you take) _____

Do you experience:

- | | | | | |
|-------------------------------------|----|--------------------------|-----|--------------------------|
| (a) involuntary movements | No | <input type="checkbox"/> | Yes | <input type="checkbox"/> |
| (b) slowness of reaction time | No | <input type="checkbox"/> | Yes | <input type="checkbox"/> |
| (c) limb pains and/or muscle cramps | No | <input type="checkbox"/> | Yes | <input type="checkbox"/> |
| (d) episodes of 'freezing' | No | <input type="checkbox"/> | Yes | <input type="checkbox"/> |

Do you need another person to help with your personal care? No Yes

Do you experience:

- | | | | | |
|----------------------------------|----|--------------------------|-----|--------------------------|
| (a) significant memory problems | No | <input type="checkbox"/> | Yes | <input type="checkbox"/> |
| (b) episodes of confusion | No | <input type="checkbox"/> | Yes | <input type="checkbox"/> |
| (c) excessive daytime sleepiness | No | <input type="checkbox"/> | Yes | <input type="checkbox"/> |
| (d) difficulty in concentrating | No | <input type="checkbox"/> | Yes | <input type="checkbox"/> |

Does your physical condition affect your ability to control your vehicle safely at all times? No Yes

If **Yes**, do you (or will you) as a result of your medical condition drive a vehicle fitted with special controls or automatic transmission which enables you to overcome the effect of the condition?

No Yes

Please supply the date you were last seen for your Parkinson's by:

Your GP _____ Your Consultant _____

Driving and Parkinson's (B064/2016)

Do you have any feedback about this information? Your comments will help us ensure our resources are as useful and easy to understand as possible. Please return to [Information Content team, Parkinson's UK, 215 Vauxhall Bridge Road, London SW1V 1EJ](#), or email publications@parkinsons.org.uk. Thank you!

1. Please choose the option that best fits you.

- I have Parkinson's and was diagnosed in
 - I care for someone with Parkinson's
 - I have a friend or family member with Parkinson's
 - I'm a professional working with people with Parkinson's
 - Other (please specify)
-
-

2. Where did you get this information from?

- GP
 - Specialist
 - Parkinson's nurse
 - Parkinson's UK local group
 - Parkinson's UK local adviser
 - Ordered directly from us
 - Call to the helpline
 - Other (please specify)
-
-

3. Has it answered all your questions?

- Yes, completely
- Not sure
- Yes, mostly
- Not at all
- Partly

4. How easy was it to understand?

- Very easy
- Quite difficult
- Easy
- Very difficult
- Not sure



5. Has it helped you manage your condition better, or make choices that have improved your life in some way?

- | | |
|---|---|
| <input type="checkbox"/> It helped a lot | <input type="checkbox"/> It didn't help |
| <input type="checkbox"/> It helped a little | <input type="checkbox"/> It made things worse |
| <input type="checkbox"/> No change | |

6. What is your ethnic background?*

- | | |
|---|--|
| <input type="checkbox"/> Asian or Asian British | <input type="checkbox"/> Mixed |
| <input type="checkbox"/> Black or Black British | <input type="checkbox"/> White British |
| <input type="checkbox"/> Chinese | <input type="checkbox"/> White other |
| <input type="checkbox"/> Other (please specify) | |
-

*We ask about your ethnicity to ensure our information is reaching a broad range of people. However, this question is optional.

Want to hear more from us?

- I would like a response to my feedback
- I would like to be a member of Parkinson's UK
- I'm interested in joining the Information review group, to offer feedback on Parkinson's UK information

If you've answered yes to any of these options, please complete your details below.

Name

Address

Email

Telephone

How would you prefer us to contact you?

- Email Post Phone

We will not pass on your details to any other organisation or third party. To find out more, read our privacy policy at parkinsons.org.uk/termsandconditions



Thank you to everyone who contributed to or reviewed this booklet:

Lauren Evans, Medical Licensing Policy – Strategy, Policy and Communication Directorate, DVLA, Swansea

Hugh McIlhatton, Manager Northern Ireland Mobility Centre, Disability Action

Thanks also to our information review group and other people affected by Parkinson's who provided feedback.

All of the photographs in this booklet feature people affected by Parkinson's, health and social care professionals involved in caring for people with Parkinson's and Parkinson's UK staff. Thank you to everyone involved for letting us use their photograph.

Our information

All of our most up-to-date information is available at

parkinsons.org.uk/information-support

If you'd prefer to read one of our printed leaflets or booklets, find out how to place an order at **parkinsons.org.uk/ordering-resources** or by calling **0300 123 3689**.

We make every effort to ensure that our services provide current, unbiased and accurate information. We hope that this will add to any professional advice you receive and help you to make any decisions you may face. Please do continue to talk to your health and social care team if you are worried about any aspect of living with Parkinson's.

If you'd like to find out more about how we put our information together, including references and the sources of evidence we use, please contact us at **publications@parkinsons.org.uk**

Can you help?

At Parkinson's UK, we are totally dependent on donations from individuals and organisations to fund the work that we do. There are many ways that you can help us to support people with Parkinson's. If you would like to get involved, please contact our Supporter Services team on **0800 138 6593** or visit our website at **parkinsons.org.uk/donate**. Thank you.

Every hour, two people in the UK are told they have Parkinson's – a brain condition that turns lives upside down, leaving a future full of uncertainty.

Parkinson's UK is here to make sure people have whatever they need to take back control – from information to inspiration.

We want everyone to get the best health and social care. So we bring professionals together to drive improvements that enable people to live life to the full.

Ultimately, we want to end Parkinson's. That's why we inspire and support the international research community to develop life-changing treatments, faster. And we won't stop until we find a cure.

**Together we can bring forward the day
when no one fears Parkinson's.**

Parkinson's UK
215 Vauxhall Bridge Road
London SW1V 1EJ

Free confidential helpline **0808 800 0303**
(Monday to Friday 9am–7pm, Saturday 10am–2pm).

Interpreting available.

NGT Relay **18001 0808 800 0303** (for use with smart phones, tablets, PCs and other devices). For more information see **www.ngts.org.uk**

hello@parkinsons.org.uk
parkinsons.org.uk

Order code: PKB064

Last updated March 2016. We review our information within three years. Please check our website for the most up-to-date versions of all our information.

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