

# DRIVING AND PARKINSON'S

PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.



**Having Parkinson's doesn't always mean that you will have to stop driving. But there are some things you need to do if you would like to continue driving and stay safe on the roads.**

This booklet answers the most frequently asked questions about driving when you have Parkinson's.

It includes details about how Parkinson's medication may affect your driving. There is also information about choosing to stop driving, and where you can find useful information and support.

**NB** The information in this booklet is correct as of October 2019, but may change.

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# 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. There is also a separate section for driving licensing laws in Jersey and Guernsey in the 'Driving in Jersey and Guernsey' section.

The contact details for different licensing agencies can be found in the 'More information and support' section.

## 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 straight away.

If you do not inform the licensing agency about your condition, you are committing a criminal offence.

Having the condition doesn't necessarily mean that your licence will be affected, but you may need to have a medical or driving assessment.

## Do I have to tell my licensing agency if my doctor suspects I have Parkinson's?

You have a legal duty to tell your licensing agency about a condition that might affect you being able to drive safely. This means even if you have not been told you definitely have Parkinson's, you should still tell your licensing agency if you are having symptoms that may affect your driving.

They will usually ask you for more information and speak to your specialist before making a decision about you being able to drive.

## If I do not tell the licensing agency about my condition, 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. In this case, the General Medical Council advises that a doctor must inform the licensing agency.

## 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. It may also make your existing policy invalid.

You must also tell your insurance company about any adaptations you make to your vehicle.

## 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 PK1 'Medical Fitness to Drive' form for car and motorcycle licences or PK1V for bus, coach and lorry licences in England, Scotland or Wales. In Northern Ireland, you need to complete a DL1 form.

These forms are available from:

### PK1 or PK1V (in England, Scotland or Wales)

Drivers Medical Group, DVLA

**0300 790 6806**

**[www.gov.uk/parkinsons-disease-and-driving](http://www.gov.uk/parkinsons-disease-and-driving)**

Car or motorcycle licence holders in England, Scotland and Wales can also tell the DVLA online at **[www.driving-medical-condition.service.gov.uk](http://www.driving-medical-condition.service.gov.uk)**

### DL1 (in Northern Ireland)

Drivers Medical Section, DVA

**0300 200 7861**

**[dva@infrastructure-ni.gov.uk](mailto:dva@infrastructure-ni.gov.uk)**

Waiting for a decision can sometimes be a lengthy process, but you can usually continue to drive, as long as your GP or specialist feels you are well enough. You must not drive if you are told not to by your licensing agency or your GP or specialist.

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.

You may also be asked to go for a medical examination that will usually be with your own GP or specialist.

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

If you hold a HGV licence, you must tell your licensing agency if you are diagnosed with Parkinson's. You will be asked to provide details about your condition and they will ask your GP or specialist to complete a medical report. You may also be asked to do a driving assessment. If you are issued with a licence, it may be reviewed every year.

### **What happens if I am asked to attend a driving assessment?**

In a small number of cases, you may be asked to complete a driving assessment.

This may be at a mobility centre (see the 'Mobility centres' section)

or at a Driving Standards Agency Test Centre.

At the assessment, trained staff will consider how your condition affects your driving. They also examine your vision, how quickly you are able to react to situations and your physical ability to operate the controls safely during a drive with an assessor.

Depending on your needs, an assessor may recommend adaptations to your vehicle that will help you to keep you driving safely.

### **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 for medical reasons 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. If the licensing agency decides you can drive after their 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 a mobility centre (see the 'Mobility centres' section).

### **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 can look at its decision again, 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 made to 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 tell the licensing authority that you plan to appeal.

### **Making your appeal**

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

A licensing agency doctor 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's 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 getting legal advice. You can get free advice from the Disability Law Service or Disabled Motoring UK. See the 'More information and support' section.

## Free bus pass

If you live in England, Wales or Scotland and your driving licence has been refused or taken away for medical reasons, you may be entitled to a free bus pass, whatever your age.

If you live in England, contact your local council to find out who issues disabled bus passes in your area. You can find out more at [www.gov.uk/apply-for-disabled-bus-pass](http://www.gov.uk/apply-for-disabled-bus-pass)

In Wales, you will need to apply for a Concessionary Travel Card. Visit [tfw.gov.wales/travelcards](http://tfw.gov.wales/travelcards) to find out more. If you live in Scotland, contact your local authority or visit [www.transport.gov.scot](http://www.transport.gov.scot)

In Northern Ireland you can get half-fare bus travel if:

- you've had your driving licence refused or taken away for medical reasons, or
- you receive the mobility component of the Disability Living Allowance, or
- you receive Personal Independence Payment (PIP)

For more information, visit [www.nidirect.gov.uk/articles/free-and-concessionary-bus-and-rail-travel](http://www.nidirect.gov.uk/articles/free-and-concessionary-bus-and-rail-travel)

You may also be able to use community transport. You can find out more at [www.ni-direct.gov.uk/articles/community-transport](http://www.ni-direct.gov.uk/articles/community-transport)

# 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.

Contact details for both Driver and Vehicle Standards in Jersey and Driver and Vehicle Licensing in Guernsey can be found in the 'More information and support' section.

## 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, this will be printed on your driving licence.

## Guernsey

In Guernsey, 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.



# WILL PARKINSON'S MEDICATION AFFECT MY ABILITY TO DRIVE?

Some Parkinson's drugs can make you very sleepy. Sometimes this happens suddenly and without warning. This may be more likely in people with 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 sudden or excessive daytime sleepiness, you should not drive and tell your GP, specialist, or Parkinson's nurse.

**Find out more:** [see our information on drug treatments for Parkinson's.](#)

## Drugs and driving: the law

It is illegal in England and Wales to drive if you are unfit to do so because you are taking legal drugs. Legal drugs are prescription or over-the-counter medicines.

While the drugs listed under this law are not Parkinson's-specific drugs you may be prescribed them to treat symptoms associated with your condition, such as anxiety, or for other health problems.

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

- clonazepam (a drug commonly prescribed for people who have restless legs 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 making you 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.



# CONCESSIONS

## The Blue Badge scheme

A Blue Badge can sometimes be used to park nearer your destination than usual parking rules would allow and may give you extra rights. You may find the scheme helpful if you have problems walking.

Blue badges are issued to a person – not a specific vehicle. They can be used in any vehicle in which you are travelling as a driver or a passenger, 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/apply-blue-badge](http://www.gov.uk/apply-blue-badge). You can also apply for a badge by contacting your local authority. Details can be found in the 'More information and support' page.

In Northern Ireland, blue badges are managed by the Department for Infrastructure. You can apply online at [www.nidirect.gov.uk/services/apply-or-renew-blue-badge-online](http://www.nidirect.gov.uk/services/apply-or-renew-blue-badge-online) or call **0300 200 7818**.

If you need to give details of your condition, make sure that you give a full, accurate account of the impact your symptoms 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.

## 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 stopped.



## Are there any restrictions?

The Blue Badge scheme does not give you 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 look again at your case if you don't think the information you provided was taken into account.

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.

## 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 [www.bluebadgecompany.co.uk/using-your-blue-badge-in-europe](http://www.bluebadgecompany.co.uk/using-your-blue-badge-in-europe)

## Vehicle tax

You don't have to tax your vehicle if you get:

- the higher rate mobility component of the Disability Living Allowance or
- the Armed Forces Independent Payment,
- the enhanced rate of the Personal Independence Payment (PIP)
- a War Pensioners Mobility Supplement

You may also be exempt from payment at certain toll bridges and tunnels.

Contact the Disability Service Centre or, in Northern Ireland, the Disability and Carers Service to get a Certificate of Entitlement. Details can be found in the 'More information and support' section.

## Motability scheme

The Motability Scheme exists to help keep disabled drivers on the road.

It enables disabled people to get a new car, powered wheelchair or scooter in exchange for their Higher Rate Mobility Component

of Disability Living Allowance, the Enhanced Rate of the Mobility Component of Personal Independence Payment (PIP), the War Pensioners' Mobility Supplement or the Armed Forces Independence Payment.

For more information, contact Motability. Their details can be found on page 23.

**Find out more:** see our [information on 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 charge for assessments and driving tuition.

There are a number of centres in the UK which may offer:

- a free information service for disabled and older people, their families and professionals
- advice on choosing a vehicle, driving it and driving controls
- 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 for 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, such as steering aids and pedal adaptations

To find your nearest mobility centre in England, please contact:

**Driving Mobility**  
**0800 559 3636**  
**info@drivingmobility.org.uk**  
**www.drivingmobility.org.uk**

In Northern Ireland:

**Disability Action**  
**028 9029 7880**  
**hq@disabilityaction.org**  
**www.disabilityaction.org**

In Scotland:

Scottish Driving  
Assessment Centre  
0131 537 9192  
lothian.  
scottishdrivingassessment  
service@nhs.net  
www.smart.scot.nhs.uk/  
driving-assessment

In Wales:

North Wales Mobility and  
Driving Assessment Service  
01745 584 858  
mobilityinfo@btconnect.com  
www.wmdas.co.uk

South Wales Mobility and  
Driving Assessment Service  
02920 555 130  
helen@wddac.co.uk  
www.wmdas.co.uk



# CHOOSING TO STOP DRIVING

Driving allows you to be independent and maintain a sense of freedom. But there may come a time when you no longer feel you are able to continue driving safely.

If you are thinking about giving up driving, or someone has suggested you do so, consider the reasons why. For example, do you feel less confident driving and worry more about making a journey in the car than you used to? Or are your Parkinson's symptoms making it harder to drive safely? You can talk to your GP, specialist or Parkinson's nurse about any concerns you have about your driving.

## Alternatives to driving

Giving up driving is a difficult decision, but it does not mean you will lose your ability to get out and about as you would normally do. There are lots of ways to get around including buses, taxis, trains or community transport.

**Find out more:** see our information on help with getting around.

If you do not drive regularly already, it may be cheaper to give up your car and use the money you save on public transport. There is a useful calculator that can help you to work out how much you spend running a car and how much you might save if you started using public transport. It can be found here, **[www.olderdrivers.org.uk/retire-from-driving/Cost-Calculator](http://www.olderdrivers.org.uk/retire-from-driving/Cost-Calculator)**

## Other options

You may also want to think about other options to help you to continue driving safely, such as having a driver assessment with a mobility centre. Staff can suggest adaptations to your car that could help you continue driving safely. See the 'Mobility centres' section for more information.

## Giving up your licence

If you do decide to surrender your licence, you need to complete a 'Declaration of Surrender for Medical Reasons' form, which is available from the DVLA. You

also need to return your licence with the form to:

Drivers Medical Group  
DVLA  
Swansea  
SA99 1TU

In Northern Ireland, you should post both parts of your driver licence, along with a covering letter explaining you have Parkinson's and why you are giving up driving to:

Medical Section  
Driver Licensing Division  
Castlerock Road  
Waterside  
Coleraine  
BT51 3TB

## **As a family member, friend or carer of someone with Parkinson's, what can I do if I have concerns about their driving?**

It can be difficult to talk to someone about their driving. But if you believe they are a danger to themselves and other road users, it is important to raise the issue with them.

Before you do talk to someone, it may be useful to:

- consider how you might feel if someone talked to you about your own driving. This can help you approach the conversation more sensitively
- go out for a drive with the person you are concerned about. If they make mistakes, are they isolated incidents or repeated often throughout the journey?
- discuss your concerns with other people – do they agree with your own worries?
- research options that may help someone to continue driving safely, such as a driver assessment, or other ways of getting around in their local area

Try to pick a time with the person when they will be happy to talk and in an environment where they feel comfortable. If the conversation becomes difficult or upsetting, come back to it another time.

During the conversation

- explain why you are concerned about their driving. Encourage the person to think about whether their driving could be a risk to themselves or others.

- share any information you have found about ways they can get around without a car, or how they may be able to carry on driving safely.
- suggest that they discuss the issue with their GP, specialist or Parkinson's nurse.

Some people may be relieved you have talked to them about their driving as it might have been something they've worried about themselves. But ultimately, it is up to the individual whether they continue to drive, even if you have shared your concerns.

If they continue driving, but you feel they are a danger on the road, you can report them to the DVLA in England, Scotland and Wales, or DVA in Northern Ireland. They can investigate someone who has a medical condition that may stop them from driving safely. Your concerns will be treated in the strictest confidence.

A person's GP or specialist can also talk to a licensing agency without consent if they feel their patient is unfit to drive but continues to do so.



# MORE INFORMATION AND SUPPORT

## Licensing agencies

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

For DVLA enquiries regarding a medical condition contact:

### Drivers Medical Group

**0300 790 6806**

**[www.gov.uk/emaildvla](http://www.gov.uk/emaildvla)**

For DVA enquiries regarding a medical condition in Northern Ireland contact:

### Drivers Medical Group

**0300 200 7861**

**[www.nidirect.gov.uk/articles/medical-renewals](http://www.nidirect.gov.uk/articles/medical-renewals)**

### Driver and Vehicle Licensing – Guernsey

**01481 243 400**

**[traffic@gov.gg](mailto:traffic@gov.gg)**

**[www.gov.gg/drivinglicence](http://www.gov.gg/drivinglicence)**

### Driver and Vehicle Standards – Jersey

**01534 448 600**

**[dvsinfo@gov.je](mailto:dvsinfo@gov.je)**

**[www.gov.je/travel/motoring](http://www.gov.je/travel/motoring)**

## Other organisations

### Blue Badge Initial Enquiry Support Service

**0844 463 0213** (England)

**0844 463 0214** (Scotland)

**0844 463 0215** (Wales)

**[bluebadge@northgate-is.com](mailto:bluebadge@northgate-is.com)**

### The Blue Badge Scheme (Northern Ireland)

**0300 200 7818**

**[bluebadges@infrastructure-ni.gov.uk](mailto:bluebadges@infrastructure-ni.gov.uk)**

### 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](http://www.dft.gov.uk)**

### [Disability Law Service](#)

Disability Law Services offers free legal advice to people with disabilities and their carers.

**020 7791 9800**

**[advice@dls.org.uk](mailto:advice@dls.org.uk)**

**[www.dls.org.uk](http://www.dls.org.uk)**

### [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.

**0300 999 0004**

**[info@dlf.org.uk](mailto:info@dlf.org.uk)**

**[www.dlf.org.uk](http://www.dlf.org.uk)**

### [Disability Service Centre \(In England, Wales and Scotland\)](#)

**0800 121 4433**

Textphone **0800 121 4493**

### [Disability and Carers Service \(In Northern Ireland\)](#)

**0800 587 0912**

Textphone **0800 012 1574**

### [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.

**01508 489 449**

**[info@disabledmotoring.org](mailto:info@disabledmotoring.org)**

**[www.disabledmotoring.org](http://www.disabledmotoring.org)**

### [Motability](#)

Motability helps disabled people with their personal mobility.

**0300 456 4566**

Textphone **0300 037 0100**

**[www.motability.co.uk](http://www.motability.co.uk)**

### [Research Institute for Disabled Consumers \(RiDC\)](#)

RiDC 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. RiDC also publishes booklets on equipment and car adaptations. All are available free of charge from their website.

**020 7427 2460**

**[mail@rica.org.uk](mailto:mail@rica.org.uk)**

**[www.rica.org.uk](http://www.rica.org.uk)**

## 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](https://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](mailto: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](https://parkinsons.org.uk/localtoyou). You can find details of our local groups and your nearest meeting at [parkinsons.org.uk/localgroups](https://parkinsons.org.uk/localgroups). You can also visit [parkinsons.org.uk/forum](https://parkinsons.org.uk/forum) to speak with other people in a similar situation on our online discussion forum.



## Driving and Parkinson's (B064/2019)

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](mailto: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](https://parkinsons.org.uk/termsandconditions)



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

**Strategy, Policy and Communication Directorate, DVLA, Swansea**

**Angela Hutchison, Mobility Centre Manager, and Andrew Swain,  
Driving Assessor, Disability Action, Northern Ireland**

**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](https://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](https://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](mailto: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](https://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](http://www.ngts.org.uk)**

**[hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)**  
**[parkinsons.org.uk](http://parkinsons.org.uk)**

Order code: PKB064

Last updated October 2019. 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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