

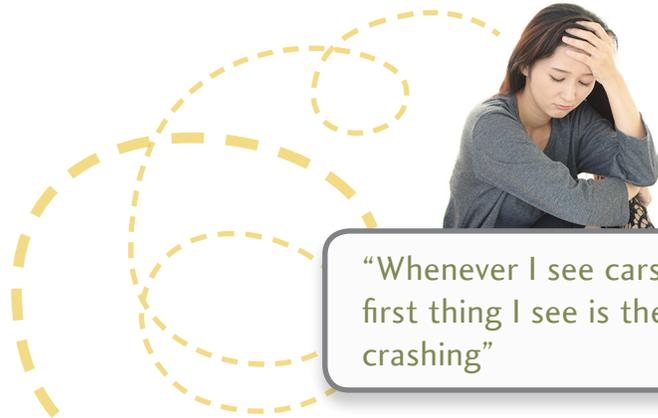
## Improving Outcomes Driving Anxiety: Safely Getting Claimants 'On the Road Again'

“Driving anxiety is often understated and under-recognized; but it’s the leading cause of PTSD” According to David Dunne, Co-Founder, Insight Driving Solutions. It ranges in severity from a hesitation to drive, where anxiety is always present, all the way up to a total refusal to drive at all, where it becomes a driving phobia.

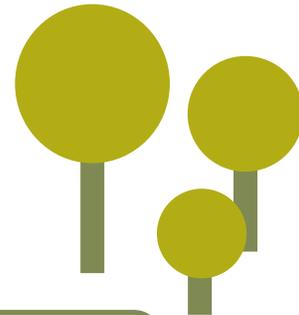
“It’s a real fear because there is a really high prevalence of car accidents, and it’s very hard to get over the thought that it may not happen again” Kristina Sheridan, Occupational Therapist, CBI Health Group.

You’re probably wondering, if it’s so under-recognized —why there aren’t more resources to help you to identify it and help claimants with it?

Our team of experts have come together to help create awareness of symptoms and explain our new treatment approach that’s getting drivers ‘on the road again’.



“Whenever I see cars, the first thing I see is them crashing”



“When I’m sitting passenger seat I am really tense and am really anxious. I’m just always waiting to get hit.”



“It’s affecting my life. I’m angry at everyone. I want it to go away. I’m terrified to drive.”

**This is driving anxiety.**

## Driving Anxiety - What to Look Out For

After experiencing a motor vehicle accident, it's common for claimants to experience a number of symptoms associated with driving anxiety.



### PHYSICAL



Physical symptoms can come on before starting a journey or en route when exposed to a particular driving situation (i.e. reminders of the accident).

- Tightness in the chest
- Sweating
- Light headiness or dizziness
- Shortness of breath or over-breathing
- Heart racing
- Pupils dilate
- More alert

### BEHAVIORAL



- Tendency to avoid driving in certain situations — won't drive during rush hour, at night, on two lane highways, etc.
- Changing the route to avoid certain areas or the site of the accident (this can make the driving route longer)
- Often avoid driving, or being a passenger
- Is interfering with ability to lead prior accident lifestyle or participate in daily activities – unable to drive to work, visit friends, become isolated
- Often have a cab accounts set-up for them

### EMOTIONAL



- Feelings of apprehension or dread
- Anticipating the worst
- Trouble concentrating
- Feeling tense and jumpy
- Irritability
- Feeling like your mind's gone blank

Keep this information at hand for reference – [click here to download as a jpeg.](#)



# Improving Outcomes

## Driving Anxiety: Safely Getting Claimants ‘On the Road Again’

### Our Unique Approach to Treating Driving Anxiety

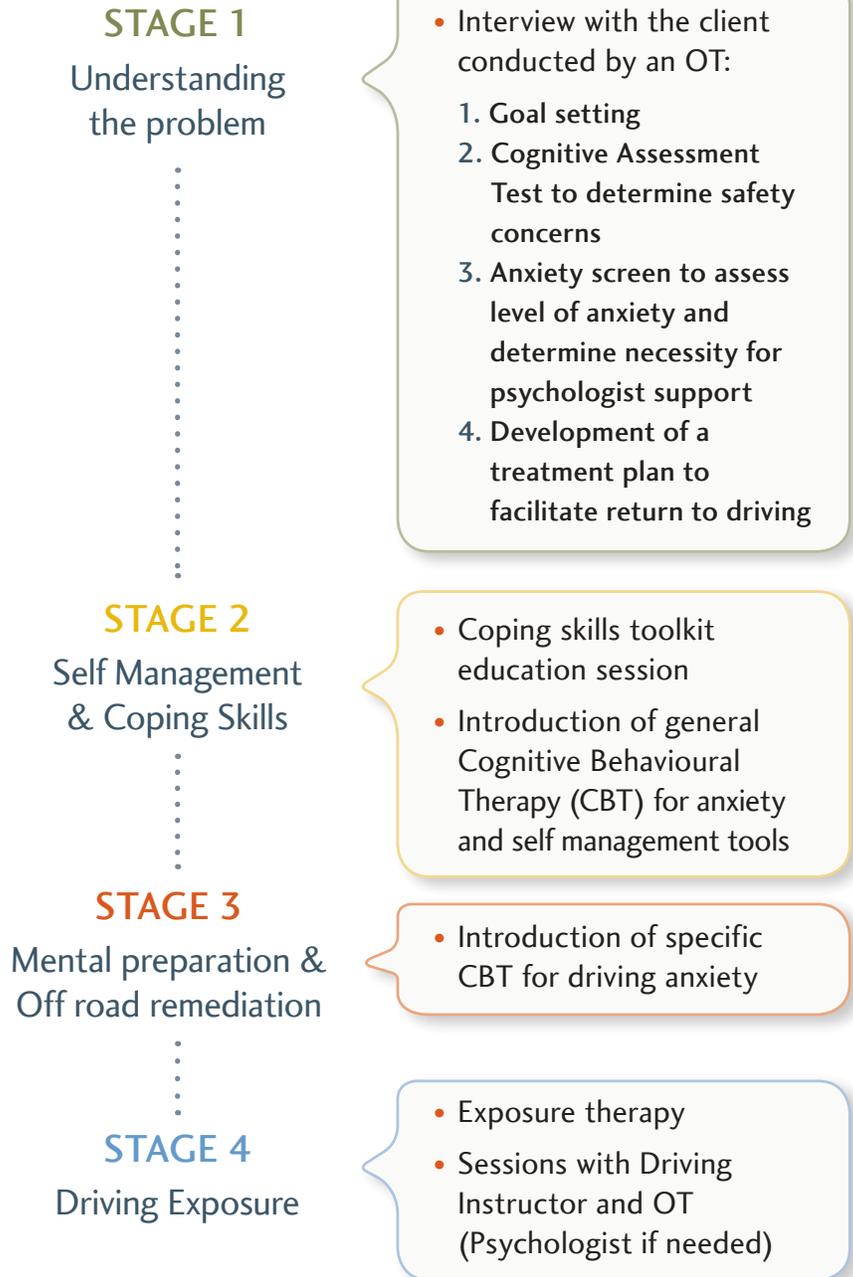
CBI’s approach to driving anxiety is built on these core elements:

**1. Early intervention;** avoidance and lack of early treatment can actually make the symptoms worse in the long term because they become more entrenched in a person’s life and lifestyle. When appropriate we screen for signs of driver anxiety in assessment.

**2. Multi-faceted, interdisciplinary and evidence-based approach.** We deal with the anxiety first through a cognitive behavioural therapy and a “virtual” driving experience (if applicable), so the individual can regain confidence in a safe, supportive in-clinic environment before having graded exposure to a real vehicle and driving experience. The Driving Instructor and CBI clinician(s) are engaged every step of the way to ensure that the driver not only has a positive driving experience but also learns the skills to prevent a recurrence.

**3. Collaborative relationships with driving fitness companies** (e.g., [Insight Driving Solutions](#), [DriveABLE](#) and [Young Drivers of Canada](#)). This ensures that we have access to the most current technology, research on driver safety and tools to address any physical or cognitive impairment(s) that could impact driving performance.

### OUR APPROACH AT A GLANCE



## Improving Outcomes Driving Anxiety: Safely Getting Claimants ‘On the Road Again’

( Our Approach at a Glance continued )

We offer various treatments that can be **customized** and combined to meet the individual needs of each claimant.

- Education on anxiety;
- Coping skills;
- Relaxation training;
- Systematic desensitization; and
- Exposure therapy will form the basis of the toolkit for their success.

At completion of treatment, our goal is that claimants regain their confidence and feel competent and comfortable in all driving, passenger and pedestrian situations.



“We ensure that they have a solid set of skills before leaving treatment. We want them to get back to doing the things that are important to them. And we’re successful together – so that’s what makes this so great.”

—Kristina Sheridan, Occupational Therapist,  
CBI Health Group



Looking for more information on driving Anxiety?

▶ RECOMMENDED BLOG POST:

[Road to Recovery: How to identify and deal with PTSD after a vehicle crash](#)