

A family of four is shown outdoors, smiling warmly. A semi-transparent white text box is centered over the image, containing the title. The background consists of lush green foliage.

# Parent Recommendations & Additional Considerations



# ADDITIONAL CONSIDERATIONS: TIME LINE

1. HOW SOON DOES THE TEEN WANT TO START DRIVING?

- Interest Level
- Discussions
- Self Initiating

2. HAVE THEY STARTED THE DRIVERS EDUCATION COURSE?

- Are they able to complete the course?
- Is the parent having to assist?

3. DOES THE ADULT HAVE TIME TO SUPERVISE?

- Is the adult able to spend time in the vehicle to get hours needed?



# ADDITIONAL CONSIDERATIONS: CURRENT SKILLS

## 1. IADLS

Involve your teen in tasks such  
as...

Laundry, housework, dishes,  
grocery shopping, pet care,  
gardening

## 2. PHYSICAL SKILLS

Is your teen able to ride a bike  
Can they easily get in & out of a  
car?

Can they tolerate being in a car  
for an extended time?

## 3. EMOTIONAL MATURITY

Can they help give directions  
while driving in a car?  
How are they at eye spy games?  
Are they easily frustrated?



# ADDITIONAL CONSIDERATIONS: GOALS

## 1. TEENS

Where does your teen want to drive? School?  
A job? Church?  
Sports practice?  
To see friends?

## 2. PARENTS

Are you ready for the financial commitments?  
Do you have a curfew?  
Set expectations and rules to follow once driving?

## 3. LONG TERM

Is your timeline realistic?  
Is the process graduated or all at once?  
Do you have a "back up plan"?



The background of the image shows a sunset over a body of water. In the foreground, the silhouettes of a man and a child are visible. The man is on the left, standing with his right arm raised. The child is on the right, also with their right arm raised. The sky is a mix of orange and yellow, and the water reflects these colors. The overall mood is peaceful and hopeful.

CENTER FOR INJURY RESEARCH AND PREVENTION AT  
CHILDREN'S HOSPITAL OF PHILADELPHIA

**“INSTRUCTORS RECOMMEND THAT PARENTS  
HELP THEIR CHILDREN DEVELOP  
INDEPENDENT LIFE SKILLS, INCLUDING THE  
USE OF ALTERNATIVE FORMS OF  
TRANSPORTATION SUCH AS BICYCLING OR  
MASS TRANSIT, AND TO PRACTICE PRE-  
DRIVING SKILLS, SUCH AS NAVIGATION,  
BEFORE UNDERTAKING ON-ROAD DRIVING  
LESSONS.”**

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RACHEL K. MYERS, PHD

# How can you prepare your teen for learning to drive?

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## DISCUSS ROAD SIGNS

- Have your teen point out road signs & markers as you are driving.
- Discuss what the signs mean & the situations when you follow the sign.
- Explain why you make specific choices when encountering traffic signs.
- Educate your teen on lane selection when approaching intersections.



# How can you prepare your teen for learning to drive?

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## ENGAGE THEM IN THE PROCESS

- Put down the devices in the car!
- Engage your student in giving directions.
- Watching the speed limit
- Looking for hazards
- Helping you find your way.



# How can you prepare your teen for learning to drive?

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## INCREASE EXPECTATIONS AT HOME

- Assign more chores & require them to manage their ADLs
- Increase financial responsibility
- Help foster maturity
- Develops problem solving skills
- Encourages making quick decisions
- Build confidence
- Time management







# Other Options

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## DRIVING SKILLS BOOTCAMP

8-week course to develop skills for potential drivers  
[www.drivingskillsbootcamp.com](http://www.drivingskillsbootcamp.com)


## TEEN DRIVER SOURCE @ CHOP

Practice Guide, Quizzes, Teen Driver Contract  
<https://www.teendriversource.org/>

## DRIVE FOCUS

Research-based situational awareness driver training  
[www.drivefocus.com](http://www.drivefocus.com)





**THE SAMUEL ALLEN LAW**

**SUPPORT FOR PEOPLE WITH  
COMMUNICATION  
IMPEDIMENTS IN INTERACTING  
WITH LAW ENFORCEMENT  
DURING A TRAFFIC STOP.**

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[HTTPS://GOV.TEXAS.GOV/ORGANIZATION/DISABILITIES/TEXAS-DRIVING-WITH-AUTISM-INITIATIVE](https://gov.texas.gov/organization/disabilities/texas-driving-with-autism-initiative)

1

LICENSE NUMBER

FEET/MILES

DRIVER

NAME (FIRST, MIDDLE, LAST)

PEDESTRIAN

STREET ADDRESS

**TEEN DRIVER**

PARKED VEHICLE

CITY/STATE/ZIP

SEX




# LAST THOUGHTS



**The decision to learn to drive is an individual decision. Some teens will be ready at 15 y.o., while others may not be ready until they are in their early 20's.**

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- A woman in a white lab coat is sitting in the driver's seat of a car, looking towards a young man with brown hair who is sitting in the passenger seat. The scene is set inside a car, with the steering wheel and dashboard visible. The woman appears to be teaching or guiding the young man.
- Teaching a new driver can be a stressful time for any parent or guardian.
  - New drivers with cognitive or physical challenges can add extra stress to the process.
  - Contact an OT DRS to help you through this process.



# Free Resources

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Use these free resource links to learn more about teen driving.



[www.homeanddriving.com](http://www.homeanddriving.com)  
DRIVING EVALUATION & TRAINING  
INFORMATION, HELPFUL BLOGS,  
ADDITIONAL RESOURCES



[www.aded.net](http://www.aded.net)

LOCATE AN OT DRS/CDRS,  
ADDITIONAL RESOURCES



[www.aota.org](http://www.aota.org)

LOCATE AN OT DRS/CDRS,  
ADDITIONAL RESOURCES

# References

## ONLINE RESOURCES

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THE CHILDREN'S HOSPITAL OF  
PHILADELPHIA: RESEARCH INSTITUTE TEEN  
DRIVER SOURCE

NHTSA TEEN DRIVING

KEYS2DRIVE: THE AAA GUIDE TO TEEN SAFETY

SPECTRUM OF DRIVER SERVICES: RIGHT  
SERVICES FOR THE RIGHT PEOPLE AT THE  
RIGHT TIME



# Thank You!!!!!!

WE WOULD LOVE TO HEAR FROM YOU!!

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