



Being able to get out and about is very important. If you have been diagnosed with PSP or CBD you will have to stop driving at some point, and possibly very soon after diagnosis. Early problems may include poor spatial awareness, poor driving judgement and becoming confused about traffic rules or navigation. It is important to address this issue earlier rather than later, for your safety and the safety of other road users.

Reporting. The decision on when to stop driving is always a balance between safety and convenience, but it is not yours to make. If you have PSP or CBD you must advise the DVLA as soon as a diagnosis is received. Not to do so is a criminal offence. You will need to complete DVLA Form CN1. A copy is enclosed, which should be returned to:

Mail: Drivers Medical Group, DVLA, Swansea SA99 1TU
Fax: 0845 850 0095
e-mail: eftd@dvla.gsi.gov.uk

You can also notify the DVLA by telephone (0870 600 0301), ensuring you have as much as possible of the information required on Form B1 to hand.

Assessment. Reporting the diagnosis to the DVLA does not mean your driving licence will be withdrawn immediately. The DVLA will conduct an assessment from the information that you and your doctors provide, or they may request attendance at an assessment centre before making a decision. Further information is available at:

www.direct.gov.uk/en/Motoring/DriverLicensing/MedicalRulesForDrivers/DG_4022417

WHAT TO DO?

Options. There are essentially four ways of keeping your ability to go further afield, other than using a wheelchair:

Car Accessories. If getting in and out of your car becomes difficult, then accessories are available to assist those who have some ability to stand or to help the carer move them. For example:

Small turntables can be placed on the car seat or on the ground to help turn the person around into a normal car seat. These are fine for short journeys (10 -15 mins duration) but are not recommended on long journeys as the padding is insufficient.

Car roof-mounted hoists are available to transfer from car seat to wheelchair, although they can be slow and cumbersome to use. It may be better to consider acquiring an adapted vehicle (see below for more information).

Such aids are unlikely to produce a permanent solution and a specially adapted vehicle is likely to provide a better solution for the longer term.

Local Transport Schemes. Some areas operate social car schemes using volunteer drivers. To find out what is available in your area you may like to contact:

The Community Transport Association:

0845 130 6195 or www.ctauk.org (UK)

049 432 3849 or info@communitytransprt.ie (Republic of Ireland)

The Women's Royal Voluntary Service (WRVS):

0845 600 5885 or www.wrvs.org.uk/how-we-help/getting-out-and-about

St John's Ambulance:

08700 104 950 or www.sja.org.uk

British Red Cross:

Number in your phone book, or www.redcross.org.uk/yourarea

Door to Door: The Disabled Persons Transport Advisory Committee (DPTAC) provides advice to disabled people about travel using all forms of transport. www.dptac.gov.uk/door-to-door

Shopmobility. Loan or hire of wheelchairs and scooters at shopping centres. You usually park right next to the office in a multi-story car park and go from there.

08456 442 446 or www.shopmobilityuk.org

Powered Scooters. Battery powered scooters are useful for short distances and are easy to get on and off. However, you will need somewhere to store and charge them and they are designed for use on a road or a paved surface so rarely offer a means of getting round inside the home or many shops. They are also expensive, so the long-term benefit should be weighed carefully against the cost. We recommend that you discuss individual symptoms and likely benefits with your Occupational Therapist before making any commitment.

Car or Van Adaptations. The best longer-term solution for those with PSP or CBD is likely to be a specially adapted vehicle to carry manual or powered wheelchairs

The rest of this leaflet focuses on helping you to make the right decision for you.

Motability. If you are receiving the Disability Living Allowance Mobility component at the Higher rate¹ or the War Pensioner's Mobility Supplement, then you can access Motability. You can use Motability to fund the hire or hire-purchase of a vehicle, adapted vehicle, scooter or powered wheelchair. The rates offer VAT exemption and include insurance, servicing, repairs and breakdown cover.

Contact: 0845 456 4566 or www.motability.co.uk for more information.

¹ As long as it is an indefinite award or has at least 12 months to run

A few wheelchair-converted vehicles, such as those based on Renault Kangoo and Peugeot Berlingo have zero advance payment, but many conversions require a lump sum at the beginning of the five-year contract through Motability. There is generally no funding for this and at the end of five years, you hand the vehicle back without refund of that payment.

You can have a normal car on Motability without conversion but they will have to approve any changes you might make to the car such as swivel seats. These usually have to be removable at the end of the term.

VEHICLES ADAPTED FOR WHEELCHAIRS

Advice. Expert advice is essential, and your first step should be to contact a source such as an accredited member of the Forum of Mobility Centres. Your nearest centre can be found by calling 0800 559 3636 or on www.mobility-centres.org.uk.

Solutions. A wide variety of solutions is available, including:

Ramp Access. Many options have ramp access, usually from the rear, for the wheelchair to be driven or pushed into the vehicle. (Powered lifts are available, but simple ramp access is often adequate.) The chair is clamped to the vehicle and the occupant provided with an inertia reel seat belt. The loading and unloading process can be quite rapid, and does not need a carer with much strength or agility. Depending on the size of the vehicle, seats for three other passengers are available in most conversions. Another important point to consider is the view out of the vehicle for the wheelchair occupant. Some conversions provide windows at head height, providing a near-normal view out of the vehicle, but others do not. Consider carefully whether being transported at a speed in a metal box with little view of the world outside would be an enjoyable experience!

Front Seat Systems. The front passenger seat is replaced with a seat that swivels out of the vehicle and lowers to a height permitting easier transfer of the wheelchair occupant into the car seat. However, this solution does need a relatively active carer to be available to handle the transfer as well as the stowage of the wheelchair.

Integral Front Seat and Wheelchair Systems. This involves the removal of the front passenger seat and its replacement by a set of rails on a lockable turntable. This goes with a wheelchair that has the seat mounted on similar rails. The rails in the car and the chair are lined up. The chair is then slid into the car, locked and turned to face forwards. The wheelchair base is then placed in the car boot. This offers a better passenger experience for the wheelchair user and makes it easier for the driver to talk to the passenger. Like the simple front seat systems, it needs an active carer (and a reasonable size boot) to assist.

Such conversions can be expensive even though they are zero-VAT rated. For example, a wheelchair system with a removable base that is stored in the boot may cost £5,000. Motorised versions, where the seat folds underneath the chair could be in the order of £12,000.

There are several companies providing vehicles adapted to carry wheelchairs. They supply new or second-hand vehicles and carry out conversions, and many will drive the vehicle to your house for a no-obligation demonstration. The PSP Association does not specifically recommend any company, but some contacts to obtain brochures and price lists are:

Atlas Conversions	www.atlasconversions.co.uk	02392 265 600
Brotherwoods	www.brotherwood.com	08448 227 939
G F Clarke	www.clarkemobility.com	01622 793 079
PB Conversions	www.pbconversions.co.uk	01525 850 588
The Wheelchair Accessible Motor Company Limited	www.twamco.co.uk	01384 370 530
Constables Mobility	www.constablesmobility.com	08448 800 218

Other useful organisations or publications if you are considering a second-hand vehicle are:

Mobilise (www.ddmc.org.uk or 01508 489 449), who also offer a range of discounts for parking, ferries, and equipment.

Exchange and Mart (see section on Adapted Vehicles.)