

Driving & ADHD

A scenic photograph of a desert landscape at sunset. The sun is low on the horizon, creating a bright orange glow and silhouetting several large, flat-topped rock formations (mesas) in the foreground. The sky is a mix of blue and orange, with scattered clouds.

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AD/HD in a Nutshell: “Executive Functions Deficit”

“The use of self-directed actions so as to choose goals and to select, enact, and sustain actions across time toward those goals usually in the context of others often relying on social and cultural means for the maximization of one’s long-term welfare as a person defines that to be” (p. 171).

Barkley, R.A. (2012). Executive Functions: What They Are, How they Work, and Why They Evolved. New York, NY: Guilford.

Barkley's 30% Rule for Combined AD/HD

People with Combined Type AD/HD tend to be on average 30% less mature in controlling their hyperactivity, impulsivity, and inattentiveness than their non-disabled age peers.

Barkley, R.A. (1998). ADHD in Children, Adolescents and Adults: Diagnosis, Assessment and Treatment. New England Educational Institute, Cape Cod Symposium (August), Pittsfield, MA.

Barkley, R.A. (2008). Advances in ADHD: Theory, Diagnosis and Management. J & K Seminars, L.L.C., 1861 Wichersham Lane, Lancaster, PA 17603; 800-801-5415; www.jkseminars.com.

Warning for Driver's Education Instructors with AD/HD Combined Types Students!

- The average 16 year old with Combined Type AD/HD functions like an 11 year old when it comes to controlling their hyperactivity, impulsivity and inattentiveness.
- How many of you would want an 11 year old behind the wheel of a car?



Barkley, R.A., Murphy, K.R. and Fischer, M. (2008). ADHD In Adults: What The Science Says.
New York, NY: Guilford.

Warning for Driver's Education Instructors with AD/HD Combined Type Students!



- **AD/HD teens are more likely to have driven a car illegally before they have their drivers license.**
- **They are less likely to be employing good driving habits.**
- **They will incur many more traffic citations, especially for speeding.**
- **They are four times more likely to be in an accident.**
- **They will have even more problems if they have Oppositional Defiant Disorder and/or Conduct Disorder with their AD/HD.**
- **Unmedicated people with AD/HD who are sober handle a car as well as a person who is not AD/HD who is legally drunk!**

Barkley, R.A. (2006). Attention Deficit Hyperactivity Disorder, Third Edition. New York, NY, Guilford.

Warning for Driver's Education Instructors with AD/HD Combined Type Students!

- They have their licenses suspended more often: approximately 25% for AD/HD and 5% percent for non-AD/HD
- 60% of the crashes those with AD/HD have injuries, compared to 17% for the non-AD/HD
- Those with AD/HD are more likely to be rated by instructors, self and parents as being a worse driver than their peers.

Barkley, R.A. (2012). ADHD: Cutting Edge Understanding & Management. Seminar presented through J & K Seminars, 1861 Wickersham Lane, Lancaster, PA 17603-2327,

www.jkseminars.com.

Warning: Driving and AD/HD

“Fortunately, the driving performance of adults with ADHD has been shown to improve with medication management, at least those aspects of poor driving likely to derive from ADHD itself.” (p. 376)



Barkley, R.A., Murphy, K.R. and Fischer, M. (2008). ADHD In Adults: What The Science Says. New York, NY: Guilford.

Other Suggestions Regarding AD/HD and Driving

- **Use a very graduated approach to get access to driving: 1st can only drive during daylight hours with adult in car; 2nd can only drive with adult in car (day or night); can drive 20 minutes by self during daylight, and only drive with adult at night, etc.**
- **Have a much longer learners permit period for those with AD/HD.**

What Can One DO With The AD/HD Teen Who Is Driving?

- **Greater Supervision of car use by parents/guardians: Chart their car use and do random checking to check if they are driving where they say they are.**
- **Use medication management: long acting medications provide better coverage.**
- **No alcohol/drugs while driving**
- **Use manual transmission**

Barkley, R.A. (2012). ADHD: Cutting Edge Understanding & Management. Seminar presented through J & K Seminars, 1861 Wickersham Lane, Lancaster, PA 17603-2327, www.jkseminars.com.

Behavioral Techniques for AD/HD and Driving

- **Behavioral Contracts between parents and teens with AD/HD for safe driving:**
 - **Barkley, R.A. (In Press). ADHD Safe Driving Program: A Graduated License Program.**
 - **Snyder, J.M. (2001). ADHD & Driving: A Guide for Parents with ADHD. Whitefish, MT: Whitefish Consultants. (Available through: www.addwarehouse.com).**

Helpful Technology for AD/HD Teens While Driving

- **Allow no cell phone or texting in the car.**
- **How do you insure this does not happen? Put a cell signal jammer in the car.**
 - **www.key2safedriving.net**
 - **www.accendolc.com**

Helpful Technology and Insurance for AD/HD and Driving

- Car mounted critical event cameras:
www.drivecam.com; www.mobleteengps.com;
- American Family Insurance, Inc. has teamed up with DriveCam.Com to determine if it can offer teens lower rates by using the in car camera:
www.amfam.com
- American International Group, Inc. (car insurance) is working with MobleTeenGps.com to see if using cameras in car with teen could lower their risk and insurance rates:
www.aigauto.com