

Driving After Stroke – Gaining Back Your Independence

After having a stroke, it can be an intimidating process to get behind the wheel of a car again. Learn more about your privileges, potential care modifications, and resources to help you with transportation post-stroke.

What happens to my driving privileges after a stroke?

- Discuss with your doctor if it is safe for you to continue driving or if you need to make modifications to your car so you can drive safely.
- Most states have voluntary reporting guidelines, but there are a handful of states that require mandatory reporting by your physician to your local Department of Motor Vehicles.
- Check with your local [Department of Motor Vehicles](#) (DMV) to see if you live in a mandatory reporting state.
- After your physician and/or occupational therapist have given you the okay to resume driving, contact your local [DMV](#) to see what your state requires to resume your driving privileges.

What if I need to make modifications to my car so I can safely drive?

- Contact a rehabilitation specialist in your [area](#) to help assess your ability to safely operate a motor vehicle, as well as evaluate if car modification will be necessary or helpful.
- Your occupational therapist may be able to provide you with the name of a good specialist.
- Contact your local mobility equipment dealer to assist with [car modifications](#).
- For a fee, enroll in an adaptive driving course to help you gain confidence in driving and using your new adaptive equipment.

Is there financial assistance for mobility equipment?

Financial assistance for mobility equipment is available for those who qualify. See specific [programs](#) for more information.

- Veterans
- State Programs
- Government Programs
- Workman's Compensation
- Fundraisers/Charitable
- Organizations/Churches
- Automaker Rebates

Other Transportation Options...

- Friends and family
- Taxi Cabs
- Public buses, trains, subway
- Walking
- Shuttle buses or vans
- Car Share Program (Uber / Lyft)
- Medicaid / Medicare transportation options

Additional Resources:

- [Eldercare](#)
1(800) 677-1116
- [National Center on Senior Transportation](#)
1(866) 528-6278

Remember stroke can strike quickly and you need to act...

F.A.S.T

Face: Ask the person to smile. Does one side of the face droop?

Arms: Ask person to raise both arm. Does one arm drift downward?

Speech: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

Time: If you observe any of these signs, call **9-1-1 immediately!**

Rehabilitation is a lifetime commitment and an important part of recovering from a stroke. Through rehabilitation, you relearn basic skills such as talking, eating, dressing and walking. Rehabilitation can also improve your strength, flexibility and endurance. The goal is to regain as much independence as possible.

Remember to ask your doctor, "Where am I on my stroke recovery journey?"

Note: This fact sheet is compiled from general, publicly available information and should not be considered recommended treatment for any particular individual. Stroke survivors should consult their doctors about any personal medical concerns.

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