

## **STROWMATT REHABILITATION SERVICES – MEDICAL PROGRAM/FAQS**

### **Who is Strowmatt Rehabilitation Services?**

Strowmatt Rehabilitation Services, Inc. (SRS) is an Occupational Therapy TBOTE registered private practice clinic that was established to provide driver evaluations and training services to persons with medical conditions or unique challenges that may affect their driving capacity.

Driver rehabilitation is typically the final stage of recovery that affects the client's ability to return to work, participate in educational activities and live as independently as possible. The primary goal of these services is to determine the client's capacity to operate a motor vehicle independently and safely in their environment. Strowmatt Rehabilitation Services, Inc. is a Texas Department of Licensing & Regulation licensed driving school that is also a Member of the Association of Driver Rehabilitation Specialists.

In addition to driving services, the Occupational Therapists at SRS provide independent living skill evaluations and training. The staff can assess specific equipment needs including manual and power wheelchairs, as well as 3-wheel scooters. Home/work accessibility recommendations are also created to improve the independence and potential of each individual seen, including work simplification and energy conservation techniques.

### **What Kinds of Consumer's Need Our Services?**

Driver assessment and training services are designed for seniors and people with:

- Alzheimer's Disease, Dementia
- Autism Spectrum Disorders
- Neurological Conditions
- Post Heart Attacks/Heart Conditions
- Mental Health Disorders
- Physical Disabilities or Limitations
- Spinal Cord Injuries
- Traumatic Brain Injuries
- Amputations
- Developmental Disabilities
- Diabetes
- Learning and or Developmental Disabilities
- Other Diagnoses or Health Conditions
- Post Accident or Injury
- Stroke
- Visual Impairments

### **What is an Occupational Therapy Driving Evaluation?**

The two-part comprehensive driving assessment consists of clinical and on-the-road assessments.

The clinical assessment includes:

- Vision Testing
- Memory and Problem Solving
- Cognitive Processing Skills
- Reaction Time Screening
- Upper and Lower Body Strength and
- Coordination

The behind-the-wheel driving assessment includes:

- Assessment in a sedan, SUV or accessible minivan (vehicle will depend on availability, location and individual need, possibly based off equipment need)
- Assessment for adaptive driving equipment (if needed).

- Members of the assessment team include Occupational Therapists, Certified Driver Rehabilitation Specialists (CDRS), and driving instructors licensed by the Texas Department of Public Safety.

## What is Required for Entering This Program?

Three Items are required in order to secure an appointment.

- A doctor's referral (SRS has a referral form) **OR** a prescription from your doctor stating "Occupational Therapy Driving Evaluation"
- A completed SRS Questionnaire/Consent Form
  - *Designation on your Questionnaire/Consent Form of who your Payor is*
- A copy of your current driver's license or permit
  - **\*\*\*If your vision has been affected in any way by or due to a new change/development we will need your latest eye report and preferably to include a *Humphrey Visual Field* assessment before we see you.\*\*\***

All SRS forms noted above can be found in the "FORM" section of our website.

Once we receive **all** of your documentation and it is reviewed by our staff, a quote will be emailed or mailed to your address. **The payor for services must be determined before scheduling can take place.**

## Who Pays for This?

Driver Assessment and Training services typically are self-pay. In some cases, funding may be available through your applicable State's Division of Vocational Rehabilitation Services, Workers' Compensation (prepayment required), school systems and various waiver programs (prepayment required), etc.\* Strowmatt Rehabilitation Services offers a reduced self-pay price for consumer's that are able to come into our office. Contact the scheduling team for more information.

## How Long Does the Evaluation Take?

After you check in, plan on four hours for the driver assessment. (\*\*New Drivers or others with more extensive, specific needs may require an extended, 10-hour evaluation. The length of the evaluations are determined by SRS's interpretation of your questionnaire answers.)

The clinical evaluation includes (Approximations ONLY):

- 120 minutes for the instructor to talk with you about your medical history, driving history, and to do the clinical testing
- 5- to 10-minute break
- 60 to 90 minutes for on-the-road driving
- 15 to 20 minutes for the instructor to go over the results with you.
- *More breaks can be utilized, if needed*

## Should I Study?

There is not a study guide for you to prepare for our clinical assessment. It is a good idea to keep up-to-date on current rules of the road and defensive driving. The SRS evaluation/assessment is different than your applicable states written skills test.

## What About a Vehicle?

You will use a Strowmatt Rehabilitation Services vehicle for the on-the-road portion of your assessment. All vehicles are equipped with a mechanical brake pedal on the instructor side which our staff member can use in case of an emergency.

Your instructor will help you with the vehicle and will:

- help you adjust the seat and mirrors
- show you where the speedometer and turn signals are located
- if needed, install adaptive equipment for you to try on the road.

## What About a License or Permit?

All clients are required to have a valid driver's license or permit to participate in the behind the wheel portion of the evaluation, and subsequent training if needed.

- If you are under the age of 18 and do not have a license, you will be required to complete your states applicable driver's education course to obtain a permit.
- If you are 18-24 years of age, OR have never driven before, you are now required by Texas state law to complete the 6-hr adult education course provided by a TDLR-approved driving school.

## What Should I Expect?

During the clinical portion of the assessment, your driver rehabilitation specialist will evaluate you on many critical driving skills such as your:

- Vision
- Physical Abilities
- Focus
- Attention to Details
- Ability to think and problem solve quickly

For the behind the wheel driving portion, your driver specialist will evaluate how you:

- Operate the vehicle
- Follow the rules of the road
- React in a variety of scenarios

If you haven't driven in a while or if you have never driven, please tell your instructor during the clinical part of your assessment. You do not need to practice driving before the assessment. A family member or friend may be with you except during the on-the-road driving. You will need to have a family member or friend drive you home if you don't pass the driving assessment.

You will drive on roads in the community. Before heading out, your instructor will ask you about the roads and environments on which you typically drive. Your instructor will give you directions on where to go during the drive.

## What are the Outcomes of an Evaluation?

Outcomes generally fall into one of the following categories:

- Continue driving.

*\*\*In some cases, continuation of driving can also be recommended with restrictions, such as no night driving, no rush hour driving, or driving only within a determined distance from your home.*

- Driver training sessions.

*Typically recommended for those that need to work on unsafe/bad habits or if a necessary skill has not been mastered. Training may or may not culminate in a state comprehensive road test at the end.*

- Referral to therapy to determine if skills required for driving can be improved.  
*Therapy may include physical, occupational, vision, behavioral or other. An extended assessment may be recommended to establish consistency in driving safety. Typically a re-evaluation will be necessary at a later date to determine if driving can continue after outside therapy work has been completed. A full therapy report needs to be provided to SRS to resume services.*
- Discontinue driving. *Alternative transportation options will be provided.*

You will get a full printed copy of the assessment report. A copy of your report is also sent to your referring doctor and/or state agency counselor (if applicable). Individuals who use a state funded program to pay for their sessions or another 3<sup>rd</sup> party payor (with the exception of Worker's Comp) will have to request a copy of their report from their Counselor.

## **If You Need Adaptive Equipment...**

There is not a study guide for you to prepare for the assessment. It is a good idea to keep up-to-date on current rules of the road and defensive driving. The SRS evaluation/assessment is different than your applicable states written skills test.

If the assessment result is that you need adaptive equipment to drive, you may return to Strowmatt Rehabilitation Services for driving lessons to:

- learn how to use the equipment and review rules of the road
- evaluate if the equipment is the best fit for you
- monitor your progress in learning to use the adaptations.

If you show the potential to use the equipment and show safe driving practices, you may take your State road test using a Strowmatt Rehabilitation Services vehicle. A comprehensive road test by your state's Department of Public Safety (or Motor Vehicles, etc.) is required by law in order to have any equipment installed in a vehicle. Once a comprehensive road test is passed the appropriate restrictions will be placed on your license. These restrictions will then enable a modifier to install equipment in your vehicle.

Your assessment results are kept confidential, but we encourage involvement with your physician and family. Your referring physician is given a copy of your results.

## **Have More Questions...**

If there is a question you have that is not covered in this brief run down, please call our office staff for assistance. Please keep in mind however, that driving evaluations in general, as well as everything else that we do at Strowmatt Rehab Services, are a very custom business. No 2 customers are the same, every diagnosis presents its own unique challenges and there is no way to estimate the speed at which a consumer learns until one of our skilled staff sees them drive.