

## Mobility information

Mobility Fact Pack for disabled people. Get motoring (free of charge) a guide to everything that every disabled motorist needs to know From RADAR (Royal Association for Disability and Rehabilitation)  
Ground Floor, CAN Mezzanine, 49-51,  
East Rd, London, N1 6AH  
Tel: 020 7250 8181  
[www.disabilityrightsuk.org/how-wecan-help](http://www.disabilityrightsuk.org/how-wecan-help)

## Rica also have a range of Publications

Tel: 02074272460  
[www.rica.org.uk/](http://www.rica.org.uk/)

## Useful web sites

[www.disabledpersons-railcard.co.uk](http://www.disabledpersons-railcard.co.uk)  
[www.arc.org.uk](http://www.arc.org.uk)  
[www.dft.gov.uk](http://www.dft.gov.uk)  
[www.qefd.org](http://www.qefd.org)  
[www.ford.co.uk/FordMobility](http://www.ford.co.uk/FordMobility)  
[www.mobility-centres.org.uk](http://www.mobility-centres.org.uk)  
[www.dvla.gov.uk](http://www.dvla.gov.uk)  
[www.direct.gov.uk](http://www.direct.gov.uk)  
[www.rdac.co.uk](http://www.rdac.co.uk)

## Department of Rheumatology

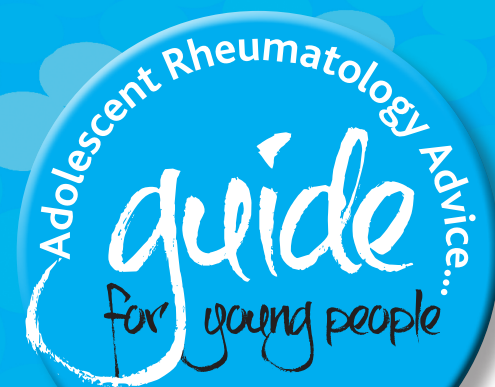
Occupational Therapist	0121 333 8213
Physiotherapist	0121 333 8221
Nurse	0121 333 8219

## Data Protection

We collect information about our young people and families relevant to their diagnosis and treatment. We store it in written records and on computer. We may have to share some of your information with other people and organisations. If you have any questions and/or do not want us to share that information with others, please talk to the Adolescent Rheumatology team or contact PALS (Patient Advice and Liaison Service) on (0121) 333 8403/8611.



# Driving... The road to independence



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E: [questions@kidslikeus.info](mailto:questions@kidslikeus.info)  
[www.kidslikeus.info](http://www.kidslikeus.info)



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## The thought of driving, driving you crazy?

Learning to drive is an important step towards becoming independent and is especially important if you have arthritis. Driving can transform your life, as you will be less dependent on public transport and lifts from your parents/relatives. If you receive the higher rate mobility component of DLA, you can be the envy of your friends and learn to drive at 16 years of age (and get free road tax!).

Before thinking about driving however, it's worth considering a few things:

- Driving lessons can be expensive and you may want to seek help with funding
- Talk to your parents about their thoughts and concerns
- Go to the post office to get an application form for a provisional driving license
- You must tell the DVLA if you have a medical condition or disability which might affect your driving
- Decide on whether you will learn with a local driving school or book yourself on to an intensive driving course
- Ask friends and family about reputable driving schools
- You must pass your Theory test before you can book your Practical test
- Book tests early as waiting lists can be long
- Talk to members of the rheumatology team if you have any concerns

## Driving Assessments

- Expect to meet with you alone, or, if you would prefer, with a person of your choice e.g. your family/partner /friend
- Ask you questions about your condition and health. This may seem like repetition, but they do need to get to know you and about your condition. The Adolescent-
- Team will have sent a summary to them, but you will get a new set of notes at the new hospital - your old ones will stay at the Children's Hospital
- Expect you to know about your medications and past treatments
- Expect you to take responsibility for your care, treatments (as you are able) AND keeping appointments!
- Ask for your opinion and ideas in planning your care
- Ask for your consent to carry out
- treatment and procedures.
- Expect YOU to speak up for yourself

## Questions about adult care...

If you are worried about your ability to drive due to a physical limitation such as reduced neck or ankle movement, it is important to discuss this with the rheumatology team. A driving assessment may be recommended which involves attending the Regional driving Assessment Centre.

The nearest driving assessment centre to this unit is in Saltley Birmingham (Tel: 0845 3371540). Website [www.rdac.co.uk](http://www.rdac.co.uk). The assessment presently costs £80 and you have to have a provisional or full licence before applying. After your assessment they will provide a detailed report and if necessary make recommendations for vehicle adaptations (see [www.mobilitycentres.org.uk](http://www.mobilitycentres.org.uk) for your nearest centre).

They can also help you find a driving instructor who can teach you in an adapted vehicle. Whatever your size, shape or difficulty, don't worry about driving!! Any problem or difficulty, no matter how great or small can be overcome and driving really will transform your life!



## Motability

Buying a car can be very expensive and you may wish to access the Motability scheme which is an independent and not for profit initiative that enables people with a disability to buy or lease a car using their DLA benefit. In order to qualify you must receive the higher rate of the DLA (mobility component). If leasing a car you must have 12 months of the award remaining. To buy a car on hire purchase you will need to receive the full allowance for the length of your agreement. The scheme covers not only the cost of the car, but also insurance, servicing and breakdown. Even if you don't drive you can apply for a car as a passenger and propose 2 people as drivers. For more details phone 0845 456 4566 website [www.motability.co.uk](http://www.motability.co.uk)

## Blue Badge Scheme

This is a special parking permit which allows you to park more easily when you're out and about. Information about these can be obtained from your local council office. To qualify, you must usually be in receipt of the mobility component of the DLA. To find blue badge parking bays near you and throughout the UK take a look at [www.direct.gov.uk](http://www.direct.gov.uk) and follow the links for disabled people and motoring/transport. If you have to park on the road outside your house you may also be able to get a reserved spot painted on the road. Contact your Local Authority for details.

There are more than 400,000 adapted vehicles in the UK

Cars can help to overcome physical limitations

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