



**Your arthritis**  
**could affect your safety**  
**on the road**



**Make sure**  
**you're safe....**



[www.lifeontheroad.org.uk](http://www.lifeontheroad.org.uk)

## **Arthritis (and other musculoskeletal conditions) can affect a driver's mobility and physical strength, motor skills and co-ordination.**

This can make it harder to use the vehicle's controls or, for example, to turn your head to maintain all-round visibility.

### **What to do if you have arthritis and drive**

You only need to tell the DVLA that you have arthritis if you use special adaptive vehicle controls.

Consult your doctor or another health professional about driving and follow their advice. Consider whether a driving assessment, which can be arranged by RoSPA or a number of other organisations, or vehicle adaptations would make driving easier and safer for you.

A wide range of equipment is available including steering aids, hand controls, special cushions, swivel seats to help you get in and out of the car, hoists to lift you and your wheelchair if you use one, and driving accessories. Contact Driving Mobility (formerly known as the Forum of Mobility Centres), Motability or Rica for advice.

**Advice and help for people with arthritis is available from Versus Arthritis on 0141 954 7776 or [scotland@arthritiscare.org.uk](mailto:scotland@arthritiscare.org.uk)**

The DVLA can refer drivers to a mobility centre for an assessment (which the DVLA will pay for) or you could book an assessment at a mobility centre yourself, which will probably be quicker but you would have to pay for it. See [www.olderdrivers.org.uk/driver-assessment/find-a-driver-assessment/](http://www.olderdrivers.org.uk/driver-assessment/find-a-driver-assessment/) for details of your nearest mobility centre.

**For more information:**

**Visit: [www.lifeontheroad.org.uk](http://www.lifeontheroad.org.uk) | Call: 0121 248 2130**