4 P's

SUCCESS
Success in College after Concussion with Effective Student Supports

DRIVING
After Concussion

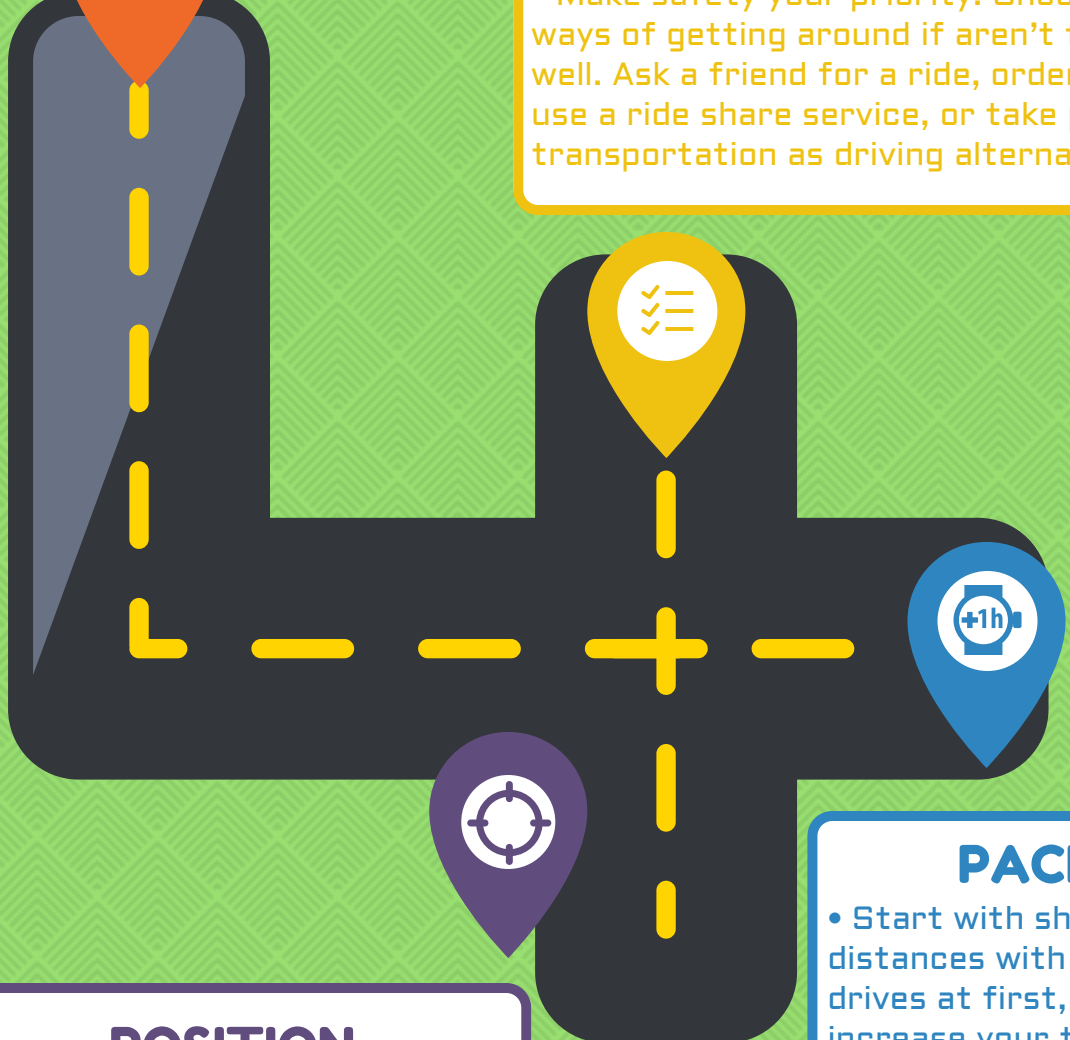
The ability to drive is an important part of our daily lives. Common symptoms of concussion can influence safety and comfort with returning behind the wheel. The 4P strategy can help you better manage these symptoms when driving.
Make sure you talk to your healthcare provider if you have any concerns about returning to driving safely.

PLAN | PRIORITIZE | POSITION | PACE

BEFORE YOU TAKE THE WHEEL . . .

PLAN

- Include time in your route for any needed rest breaks. This will help you have a more focused drive. Set a reasonable amount of time to get to your destination and consider your current symptoms. Consider leaving early so you have time for common symptom reduction prior to getting to your destination activity.
- Be mindful of your entire route before getting behind the wheel. Consider driving alternatives if you think you may not be up to driving during your return trip.
- Prepare to use relaxation and sensory techniques, like essential oils or mints, while driving to keep your mind clear and relaxed. Be sure you have these tools ready to use before you get in the car.



PRIORITIZE

- Make safety your priority. Choose other ways of getting around if aren't feeling well. Ask a friend for a ride, order a taxi, use a ride share service, or take public transportation as driving alternatives.

POSITION

- Reduce distractions and better manage common symptoms of concussion by avoiding conversations, not texting and driving, and keeping the radio low.

PACE

- Start with short distances with familiar drives at first, then slowly increase your time driving.
- Allow yourself extra time to get to your destination so that you don't rush.

SAFETY CHECK

Ask yourself these questions before getting behind the wheel...

- Have I been drinking or taking medication that will interfere with my ability to drive safely?
- Do I have the energy level needed to stay alert and focused on the road?
- How are my symptoms right now? Could my symptoms be a dangerous distraction to safe driving?
- Am I feeling calm enough to drive safely or am I especially anxious, upset, or overwhelmed?
- Will weather or traffic conditions impact my ability to drive safely? Is it raining? Is it too bright or dark?

TECHNOLOGY

Consider using technology that reduces distractions when driving such as:

- Apple's Do Not Disturb feature
- DriveMode

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