



New Driver Training Guide

**Occupational Therapy Driver
Rehabilitation Program**



**THE OHIO STATE
UNIVERSITY**

WEXNER MEDICAL CENTER



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For a digital copy of this book, go to go.osu.edu/pted5466.

This book is for informational purposes only. Talk to your healthcare provider if you have any questions about your care. For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.

Steps for Driver Training: Under 18

If you are under 18 years old:

- 1** Must have a valid permit.
- 2** Must have permit at least 6 months before testing at BMV. During that time, you can complete driver's education and training.
- 3** Must complete driver's education at a licensed driver training school which includes 24 hours of classroom or online training. There are 2 options (pick one):
 - Complete online driver's education. Full list can be found at drivertraining.ohio.gov. Before returning to Ohio State driver rehabilitation, please complete the entire course and bring your certificate to your first appointment.
- or -
 - Complete in-person driver's education. You will need to fill out an agreement which allows Ohio State to provide training in the car and a driving school to provide classroom education. The new driver/parent fills out the top section of the agreement, and the driving school that gave the classroom education will complete the bottom section. Our driving instructors will sign the Ohio State line when you bring it back at the first appointment.
- 4** The driver needs to have at least 8 hours of driver training with an instructor which will be provided to you through Ohio State Driver Rehabilitation.
- 5** The driver must complete 50 hours of driving with a licensed driver, who completes a 50 hour affidavit.
- 6** If you need adaptive equipment such as hand controls, a medical form will also need to be filled out. Your driving therapist will then schedule your driver's test with an Ohio State vehicle at publicsafety.ohio.gov/static/bmv2310.pdf.
- 7** If you do not need adaptive equipment, please schedule driver's test at bmv.ohio.gov/index.aspx.



Steps for Driver Training: Over 18

If you re over the age of 18 years old:

- 1** You must have a valid permit.
- 2** If you need adaptive equipment such as hand controls, a medical form will need to be filled out. Your driving therapist will then schedule your driver's test with an Ohio State vehilce. Form: publicsafety.ohio.gov/static/bmv2310.pdf.
- 3** If you do not need adaptive equipment, please schedule your driver's test at bmv.ohio.gov/index.aspx.



Maneuverability

Maneuverability means being able to move or steer while in motion. The Maneuverability Test measures a driver's ability to move and handle their car in tight spaces. To pass the test you must show the skills needed in everyday driving. These skills include starting, stopping, steering around objects, changing lanes, backing up, and judging distance.

To begin:

1. Place your car with the front bumper between the first set of cones.
2. As you slowly move forward, keep your car straight and centered until your side mirrors pass the second set of cones.
3. Turn the steering wheel a half turn as the vehicle moves outward either to the right or left (examiner's choice) of the "point cone."
4. When you see the point cone pole in the lower corner of the front windshield, turn your steering wheel in the opposite direction one full turn so the car becomes straight, or parallel to the course.
5. Then turn your steering wheel to the center and stop with the back bumper in line with the point cone. The back bumper should be about 18 inches away from the point cone.

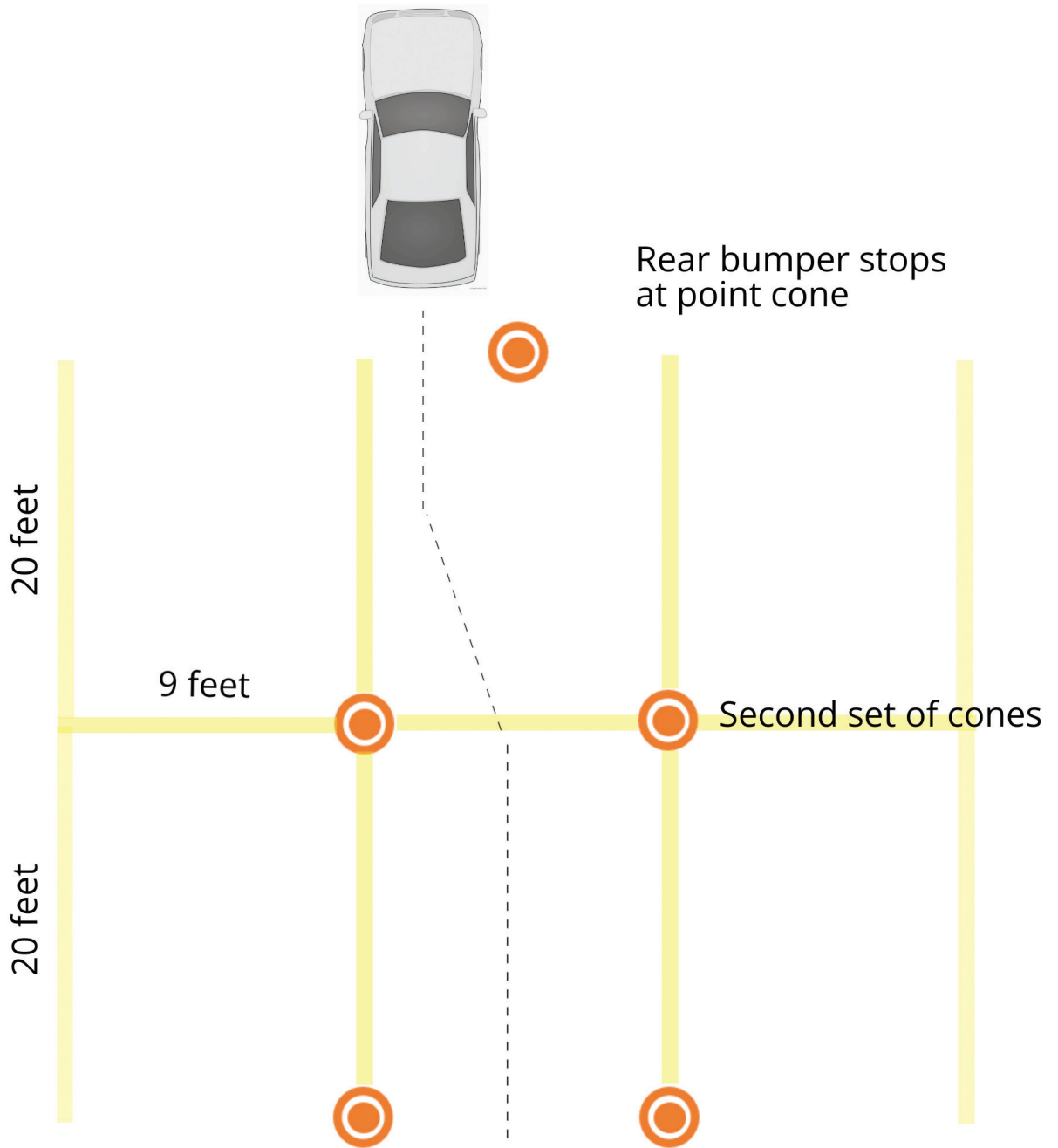
Reverse:

1. Put your car in reverse and slowly move it straight back until your back tire lines up with the point cone.
2. As the back tire passes the point cone, slowly make a half turn in the direction you want the car to go.
3. Look in your side mirror in the opposite direction that you are backing. When you see two cones in the side mirror, slowly turn the wheel one full turn toward the cones that you see in the mirror.
4. When the car is straight with the point cone, turn your wheel half a turn back to center and slowly move backwards until your front bumper is between the first set of cones. Your car should be straight and centered.

Helpful hints

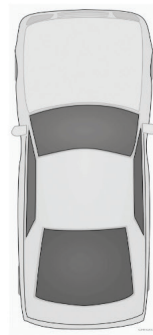
- Move slowly, but do not let the car stop while moving through the course.
- Always look in the direction the car is moving.
- Not all drivers or cars are the same. Adjust when and how much you turn the wheel based on what works best for you. If things do not seem quite right to you, be sure to correct it right away to avoid bigger problems later.

Sample course:



9 feet between right and left cones

20 feet between forward and backward



Front bumper stops at first set of cones

Commentary Driving

Commentary driving is when both the new driver and instructor (or parent) tell each other what they see, how they interpret what they see, and what they plan to do in driving situations as they happen. This is reading the traffic picture out loud like a running commentary on the driving tactics to be used.

Goals for commentary driving:

1. To create an awareness of the many situations involved in driving and provide practice in solving problems and responding the correctly.
2. To build up resistance to common things that can distract a drivers attention.
3. To point out all the things a driver should be watching for and thinking about. It reinforces that driving is a full-time job.
4. To review and reinforce the knowledge and driving skills already learned.
5. To get the new driver actively involved in learning. Every trip becomes a chance to learn.
6. To show possible hazards, how far ahead to look for them, and when to start taking action.
7. To evaluate the new driver's progress and the how teaching is going:
 - Is the new driver looking down the road far enough for safe driving?
 - Does the new driver recognize hazards? Are they seen early enough?
 - Does the new driver understand traffic laws and signs?
 - Does the new driver understand the many gray areas or subtle details of driving?
8. To lessen a parent's anxiety during the parent led training.
 - Parents can hear what hazards the new driver notices, their understanding of rules of the road, and what actions the new driver is going to take.

How commentary driving works:

1. Comments should include:
 - Naming road signs and stating what they mean.
 - Pointing out traffic light signal changes and what action should be taken.
 - Explaining roadway markings and what they mean.
 - Upcoming hazards (both people and objects) and what action should be taken.
 - Expecting what other drivers will or could do, including other drivers' errors and responding correctly.
 - Navigating to a place that is familiar to the new driver.
2. Comments should take place before things happen, such as **before** entering an intersection.

Commentary driving phases

PHASE 1

Experienced driver/parent drives and provides commentary:

While the experienced driver/parent provides commentary, the new driver sits in the front passenger seat and searches to see what the driver is relaying.

Tips:

- Start simple and identify signs, road markings and traffic signals only. Slowly start to identify possible hazards, how to navigate to a place and expect actions of other drivers.
- Focus on the basics, such as stating what the speed limit is every time a new street is entered or watching for people walking at every crosswalk.
- Begin in a simple driving environment (out in the country and neighborhoods) and progress to more complex environments (areas with businesses and highways).

PHASE 2

Experienced driver/parent drives and new driver provides commentary:

The new driver provides commentary while sitting in the front passenger seat.

Tips:

- Try not to cut into the new driver's comments unless needed. Instead, make a mental note of any points you want to discuss and cover them at the end of the lesson when the car is parked.
- If the new driver gets distracted and stops commenting, encourage them to return to the process.
- When the new driver stops commenting for a while, they may be tired or overwhelmed. This is a good time to stop the lesson.
- Start with short trips and slowly increase the length.
- It is best to teach the new driver how to pump gas, operate the heat/air conditioning or defrost, use the wipers, and other basics of car care.
- Do not start phase three until the new driver can complete running commentary that is in good time and correct.

PHASE 3

New driver drives and provides commentary:

The new driver is driving and provides commentary to an experienced driver/parent.

Tips:

- To help the new driver develop the ability to scan or see the driving environment, ask them to tell you each time you should make a mirror or speedometer check. This can be used during phase one also.
- After the lesson, discuss how talking or texting would get in the way of commentary driving.
- Once the new driver progresses, play the "what if" game. Examples: What if the roads were icy? How would that affect our speed? What if you couldn't get into the left lane to make a left turn? Only play the "what if" game when stopped, such as at a traffic light.

Driving Log

To be successful with our driving rehabilitation program, your therapist recommends that you complete ____ hours of outside therapy. These hours should include a variety of times, weather, and places.

Date	Lesson	Day Hours	Night Hours

Driver-Readiness Resources

Driver readiness online games:

- Free reaction time game: justpark.com/creative/reaction-time-test
- Free computer-based parking game: driverseddirect.com/game/index.aspx
- Practice visual memory, spatial awareness, visual discrimination, retention of new information and reaction skills: eyecanlearn.com

Parent resources for driver training

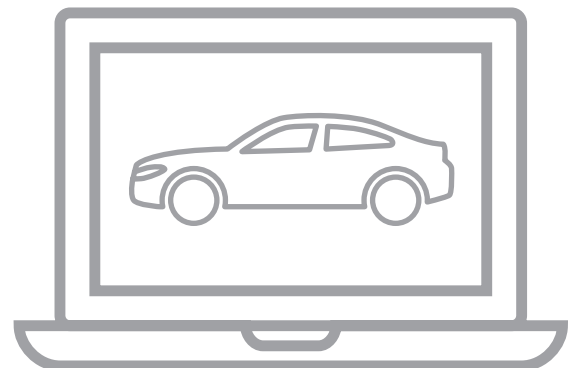
- Ohio BMV parent resources: drivertraining.ohio.gov/drivers.aspx
- Teen Driver Plan Practice Guide for parent led training: injury.research.chop.edu/sites/default/files/documents/TDP_CHOP_2.5.18_3.pdf
- Teen Driving Plan: Goal Guide Checklist: injury.research.chop.edu/sites/default/files/documents/tdp_goal_guide.pdf
- General education from start of process to finish for parent and new driver: teendriversource.research.chop.edu
 - › Click on Learn to Drive tab.
 - › Click on Practice Driving Lessons.
 - › Read the paragraph “Teach Skills That Matter for Safety.”
 - › Click on hyper link Basics of Driving a Car which will allow access to 54 instructional videos.

Practice permit tests

- Practice Test: driversprep.com/ohio
- Practice Test: driversed.com/ohio/practice-permit-test
- Sign quizzes: quizagogo.com/u-s-more-random-signs-questions

Apps for improved driver training

- New driver skills training – Drive Focus: drivefocus.com





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