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**PROGRAMME**

The Final Oral Examination for the Degree of

**DOCTOR OF PHILOSOPHY**

Department of Psychology

**Alexandra Jouk**

2010 University of Victoria MSc

2007 Scripps College BA

“Driving and Dementia: Development and Evaluation of an Interactive Toolkit for Use with Caregivers”

Monday, December 15, 2014

1:00PM

David Turpin Building, room A136

**Supervisory Committee:**

Dr. Holly Tuokko, Department of Psychology, University of Victoria (Supervisor)

Dr. Colette Smart, Department of Psychology, UVic (Member)

Dr. Patricia MacKenzie, School of Social Work, UVic (Outside Member)

**External Examiner:**

Dr. Ken Le Clair, Department of Psychiatry, Queen’s University

**Chair of Oral Examination:**

Dr. James MacGregor, School of Public Administration, UVic
Abstract

Concerns about safe driving practices in individuals with dementia often fall to caregivers, who are frequently faced with the difficult task of initiating the conversation about driving and driving cessation with their loved ones, a topic that can be a very emotional and sensitive for older adults. Several print-based resources are currently available to caregivers, however, emerging research suggests that disseminating information through a medium that depicts the complexities involved in decision-making about driving, such as applied theatre, may be more effective than these traditional print-based methods. Currently, there are no resource guides available for caregivers that incorporate applied theatre into their dissemination methods.

In light of this research, this dissertation followed the principles of Knowledge Translation to work closely with caregivers to develop (Study 1) and evaluate (Study 2) a toolkit centered around an applied-theatre production called No Particular Place to Go. In Study 1, the comments and suggestions obtained from focus groups and individual interviews with 17 (eight informal and nine formal) dementia caregivers were incorporated into a toolkit called Down the Road, which consists of the play, No Particular Place to Go (in DVD-format), an accompanying viewer guidebook, and supplemental information cards. In Study 2, using a pre-post design, a total of 70 general caregivers (31 informal and 39 formal), including dementia caregivers, evaluated Down the Road by completing the Driving-Related Self-Efficacy Questionnaire (DRSEQ) and a User Satisfaction survey. Both informal and formal caregivers’ self-efficacy around various topics related to older driver safety increased after reviewing Down the Road. Additionally, caregivers favourably received the toolkit. This work moved beyond information gathering by incorporating the expressed needs of caregivers to translate knowledge into an effective, research-based toolkit that can provide caregivers with an interactive resource for use individually or in facilitated groups.

Selected Awards, Scholarships, Fellowships

2014-15   West Los Angeles VA Medical Center Clinical Internship
2011-14   Alzheimer Society Research Program Doctoral Award
2013     Sara Spencer Foundation Research Award
2009     R.M. Peet Graduate Scholarship
2008     Pacific Century Graduate Scholarship
2008     University of Victoria Graduate Award

Selected Presentations


Publications