

2. Tuokko, H., Sukhawathanakul, P., Walzak, L., **Jouk, A.**, Myers, A., Marshall, S., Naglie, G. et al. (In submission). Attitudes as mediators of the relation between health and driving in older adults: A longitudinal analysis of Candrive data. *Canadian Journal on Aging*.
3. Tuokko, H., Rhodes, R., Love, J., Cloutier-Fisher, D., **Jouk, A.**, & Scholitsch, A. (In submission). Just the facts: Changes in older driver attitudes after exposure to educational interventions. *Traffic Injury Prevention*.
4. **Jouk, A.**, Tuokko, H., Myers, A. M., Marshall, S., Man-Son-Hing, M., Porter, M. M., Bedard, M., et al. (2014). Psychosocial constructs and self-reported driving restriction in the Candrive II older adult baseline cohort. *Transportation Research Part F: Traffic Psychology & Behaviour*, 27, 1-10.
5. Tuokko, H. **Jouk, A.**, Myers, A., Marshall, S., Man-Son-Hing, M., Porter, M. M., Bedard, M., et al. (2014). A re-examination of driving-related attitudes and readiness to change driving behavior in older adults. *Physical and Occupational Therapy in Geriatrics*, 32(3), 210-227.
6. Tuokko, H., Rhodes, R., Love, J., Cloutier-Fisher, D., **Jouk, A.**, & Schoklitsch, A. (2013). Change in beliefs about older drivers through applied theater. *Educational Gerontology*, 39(1), 45-56.
7. Tuokko, H. A., Myers, A., M., & **Jouk, A.**, Marshall, S., Man-Son-Hing, M., Porter, M. M., Bedard, M., et al. (2013). Associations between age, gender, psychosocial and health characteristics in the Candrive II study cohort. *Accident Analysis & Prevention*, 61, 267-271.
8. **Jouk, A.**, & Tuokko, H. (2012). A reduced scoring system for the Clock Drawing Test using a population-based sample. *International Psychogeriatrics*, 24(11), 1738-1748.



University  
of Victoria

Graduate Studies

## PROGRAMME

The Final Oral Examination  
for the Degree of

DOCTOR OF PHILOSOPHY  
Department of a Psychology

**Alexandra Jouk**

2010  
2007

University of Victoria  
Scripps College

MSc  
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 printbased 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

1. Tuokko, H., Jeznach, A. **Jouk, A.**, Myers, A., Kowalski, K. (2013, November). Behaviour change theories and driving cessation of older adults: What do we know? Symposium presentation at the 66<sup>th</sup> annual Gerontological Society of America conference, New Orleans, Louisiana, USA
2. Tuokko, H., **Jouk, A.**, Marshall, S., Man-Son-Hing, M., Porter, M., Bedard, M. et al. (October 2013). A re-examination of driving-related attitudes and readiness to change driving behavior in older adults. Oral presentation at the 42<sup>nd</sup> annual Canadian Association of Gerontology, Halifax, Nova Scotia, Canada
3. Tuokko, H., Rhodes, R., Love, J., Cloutier, D., **Jouk, A.**, & Schokiltsch, A., (2012 October). Just the Facts: Changes in older driver attitudes after exposure to educational interventions. Oral presentation/session chair on behalf of H. Tuokko at the 41<sup>st</sup> annual Canadian Association of Gerontology, Vancouver, BC, Canada.

## Publications

1. **Jouk, A.**, Sukhawathanakul, P., Tuokko, H., Myers, A., Naglie, G., Vrkljan, B., Porter, M. M. et al. (In submission). Psychosocial Constructs as Possible Moderators of Self-Reported Driving Restrictions: A Longitudinal Analysis of the Candrive II Data. *Canadian Journal on Aging*.