

# Thinking about driving?

## Did you know...

- A recent CHOP study found one in three autistic teens without intellectual disability successfully got a driver's license by age 21.
- Several factors may increase the likelihood of getting a license: driving goals on an Individual Educational Plan (IEP), plans to attend college, paid employment, pre-driving activities like biking, a parent's prior experience teaching a teen to drive, and a parent's emphasis on developing independent life skills.

## Is driving an option?

- Researchers at CHOP developed a list of questions that may be helpful for determining if driving is right for your child. They recommend discussing these questions with your family and a team of support professionals: <https://www.research.chop.edu/car-autism-roadmap/questions-to-consider-when-determining-driving-readiness>
- Teens interested in driving are recommended to meet with an occupational therapist and discuss a course of action tailored to their strengths and weaknesses.

## Do you need help learning to drive?

- Many parents can successfully teach their teens to drive. For clear support from other parents and specialized driving instructors on how and what to practice with learner drivers, visit: <https://teendriversource.research.chop.edu/learning-to-drive/driving-with-neurodevelopmental-differences/autism-and-driving>
- Fostering your child's independence by emphasizing pre-driving activities helps them develop important driving skills that they may struggle with such as motor coordination and multitasking.
- Certified Driver Rehabilitation Specialists (CDRS) or occupational therapists can provide specialized training and advice for drivers with autism.

## What other transportation options exist?

- Safe transportation is available through paratransit services, public transit, taxis, ridesharing services, biking, or navigating as a pedestrian in your community
- To learn more about these options, visit <https://www.research.chop.edu/car-autism-roadmap/getting-around-its-a-matter-of-independence>