



Anna Tullemans

ASD Tips

Consultant – Author – Presenter



Drivers Licence

Driving is a social act

The diagnosis of an autism spectrum disorder (ASD) should not be a barrier to holding a licence. **Driving is a process of constantly assessing the big picture; this can pose a major challenge to students with ASD. Some people may find this skill extremely difficult to grasp whilst others will be highly competent drivers.**

Key Strategies for Getting a Licence

- Find an instructor who understands or is empathetic in ASD.
- Remember they don't have to learn to drive in five lessons. It may take a little longer.
- Have a communication book where reinforcing of tasks can take place.
- Have regular lessons so vital information and coordination is not lost.
- Use key words and structured language for consistency in instructions.
- Use 'what if' scenarios to broaden the understanding of unpredictable drivers and pedestrians.
- Give lots of exposure on the road and reflect back on case scenarios, to tie in the context of when this was previously learned.
- Use visual markers to teach judgement of distances and the space needed to avoid a crash.
- Use a "Nintendo" game cube with foot pedals for brake and accelerator, Microsoft Xbox 360 etc to practise.
- Talk through and practice with the student what he might see when he is driving or provide a map and mark specific details on it such as hazards, stop signs, give way signs, pedestrian crossings, school zones etc.
- You (the parent) need to stay calm when teaching how to drive. If you can't then bring in the professionals!



- Role play being pulled over by police, RBT, getting a speeding ticket etc.
- Teach them what to do if they are in a car accident.
 - Stop at the scene of the accident and turn your engine off
 - Stay calm
 - Write down the number plate, make and model and colour of the other car
 - Write down the name of the insurance company for the other car
 - If the accident requires reporting it may help to take some photos of the cars and the area
 - Get the names and addresses of the other person involved in the accident
 - Ring Mum, Dad or another responsible person.
- Have these instructions written down and put them in the glove box.

