

## **Wired Stroke Support Service**

**0844 880 1500 (local rates)**

**OR**

### **North Cumbria**

Catherine Jones on 07712 871273

Kath Walker on 07712 871275

### **South Cumbria**

Lisa Kirk on 07712 871276

Lynn Jones on 07712 871272

### **West Cumbria**

Clare Lowery on 07712 871274

Sandra Pickthall on 07712 871277

**(Mobile phone charges are considerably more  
than landline charges)**

### **Wired**

**Unit 7, Wirral Business Park**

**Arrowe Brook Road**

**Upton, Wirral, CH49 1SX**

**Tel: 0844 880 1500 (charged at Local Rate)**

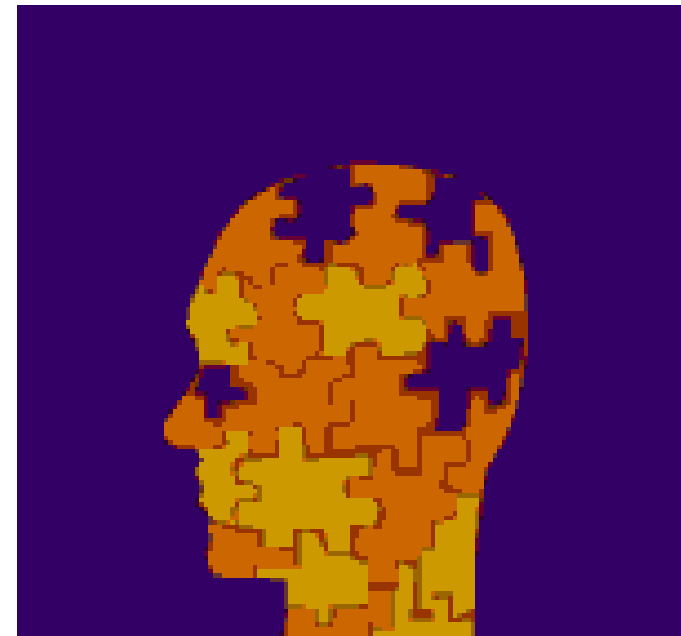
**Fax: 0151 670 1600**

**Email: [contact@wired.me.uk](mailto:contact@wired.me.uk)**

**[www.wired.me.uk](http://www.wired.me.uk)**



# **Cumbria Stroke Support Service Driving After a Stroke**



**After a stroke or TIA you must stop driving immediately, but in the majority of cases this is temporary. It is possible to return to driving after a stroke or TIA as long as it's safe to do so and correct procedures are followed.**

**If you have had a stroke you may need to tell the Driver and Vehicle Licensing Agency (DVLA)**

### **No residual problems**

If you are not suffering from any problems after a month from having your Stroke - you will not need to tell DVLA about your medical condition.

### **Residual problems**

If you are still suffering from any problems after a month from your Stroke - you will need to tell DVLA about your medical condition.

**To tell DVLA please download the medical questionnaire 'STR1' and send to DVLA.**

**Fax**

**0845 850 0095**

**Post**

**Drivers Medical Group**

**DVLA**

**Swansea**

**SA99 1TU**

### **How can a stroke affect driving?**

A stroke can make it unsafe to drive, at least for a temporary period. Some of the effects of stroke that may have an impact on your ability to drive safely are described below:

#### **Physical effects**

Stroke can commonly cause weakness to your arm, leg or both. It can also cause other physical effects including pain, changes in sensation and excessive or involuntary muscle contractions.

#### **Visual problems**

Stroke can cause a variety of visual problems including involuntary eye movements, double or blurred vision, reduced perception of depth and visual field loss.

#### **Cognitive effects**

A stroke can cause a range of cognitive changes including problems with attention, concentration, comprehension, problem solving, memory, understanding time and place, perception of space and distance and decision making.

#### **Tiredness**

Fatigue after stroke can decrease your capacity to perform **physical** and mental activities. This can impact on your daily life.

#### **Epilepsy**

Some people experience a seizure at the time of their stroke or in the following 24 hours and some of these people may go on to develop epilepsy. Your ability to drive could be affected if you experience a seizure at the wheel.

**In England, Scotland and Wales, driving rules are set by the Driver and Vehicle Licensing Agency (DVLA). The onus is on the driver to notify DVLA or DVA of any medical condition which may affect their ability to drive safely.**