



Pathways toward Certification as a CDRS for the healthcare professional

CDRS Exam Criteria

You may take the certification examination if you meet one of the education and/or experience requirements listed below. An official transcript and/or letter documenting your experience in the field of driver rehabilitation will also be required.

- **Four year undergraduate degree or higher in a health related field*** with an additional 1,664 hours of experience providing direct driver rehabilitation services.***
- **Four year undergraduate degree** or higher with a major or minor in Traffic Safety and/or a Driver and Traffic Safety Endorsement with an additional 3,328 hours of experience providing direct driver rehabilitation services.***
- **Two year degree in a health related*** area of study with an additional 3328 hours of experience providing direct driver rehabilitation services.***
- **4992 hours of experience providing direct driver rehabilitation service*.**

*Providing driver rehabilitation services includes direct hands-on delivery of clinical (pre-driving evaluations) and/or in-vehicle evaluations and training with the client.

** Undergraduate degree areas of study include Social Work, Vocational Rehabilitation, Health and Physical Education, Counseling, Psychology, or other areas as approved by the Certification Committee.

*** Health related degrees include Occupational Therapy, Physical Therapy, Kinesiotherapy, Speech Therapy, Therapeutic Recreational Therapy, Special Education or other areas as approved by the Certification Committee.

Professional Development Plan

These pathways have been developed to assist healthcare professionals in establishing a professional development plan to become a driver rehabilitation specialist (DRS) with the goal of becoming a certified driver rehabilitation specialist (CDRS) when eligible.

Qualified healthcare professionals must have a bachelor's degree or higher in occupational therapy, physical therapy, speech therapy, kinesiotherapy, recreational therapy, other healthcare related field approved by the certification committee.

Healthcare professionals are encouraged to have been practicing in their chosen field for a minimum of one year before pursuing this specialized area. The following are suggested activities for professional development relevant to this exciting area of practice, as well as activities to prepare for the certification exam.

Collect and read professional journal articles, current research, books or other reference materials that will increase your knowledge. See recommended reading & resources on back.

Spend time with a Certified Driver Rehabilitation Specialist (CDRS) at an established driver evaluation program in your area. Spend time with your local Mobility Equipment Dealer (MED). A list of CDRSs and MEDs can be found on the member directory on www.aded.net.

Attend the Annual ADED Conference & Exhibits to become current with this area of practice, to network with other driver rehabilitation specialists. Request a mentor, an experienced ADED member who will act as a guide and resource, and answer questions about this field and certification process.

Attend an ADED on-line course, or chapter meeting or conference.

Take a class in traffic safety, such as the ADED 2-day course, *Traffic Safety for the Driver Rehabilitation Professional*, or a class in driver education.

Take a class about adaptive equipment and vehicle modifications, such as the ADED 2-day course, *Application of Vehicle Modifications*.

Consider taking the ADED 2-day course, *Introduction to Driver Rehabilitation* to learn program development, behind the wheel training techniques, introduction to adaptive driving equipment and program documentation.

Consider taking the ADED 2-day course, *The Impact of Disabilities, Vision and Aging and Their Relationship to Driving* to learn how to apply your knowledge to the driving task.



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Investigate if your state requires certification or licensure as a driver instructor (CDI or LDI) in order to perform in-vehicle evaluation and training.

Refer to the Spectrum of Driver Services to identify the type of driver rehabilitation program you will provide.

Perform driver rehabilitation services using the Spectrum of Driver Rehabilitation Program Services and ADED's Best Practices for the Delivery of Driver Rehabilitation Services as a guide.

Download the ADED Certification Exam Handbook from www.aded.net. Submit the application and fee by the required deadline.



Recommended Reading and Resources*

Anatomy and Physiology

- principles of human musculoskeletal anatomy and kinesiology
- testing procedures for upper and lower extremity strength, range of motion, coordination, muscle tone, pain, sensation, edema and reaction time
- testing procedures for trunk and cervical range of motion, strength and muscle control
- basic human anatomy and common pathologies of the visual system
- testing procedures and equipment to assess visual system, including visual acuity, visual fields, contrast sensitivity, saccades, smooth pursuits, convergence, eye muscle balance, stereopsis and color vision
- components of cognition, including memory, attention/concentration, executive functions, perception, language and praxis
- common testing protocols and tools used to assess various aspects of cognition

Aging, Disease, Debility and Disability

- common diagnoses and pathologies seen by driver rehabilitation specialists (e.g., spinal cord injury, brain injury, stroke, limb loss, dementia, cerebral palsy, spina bifida etc.) and the common physical, visual, cognitive and behavioral sequela of these conditions
- older adult health and age related changes
- developmental disabilities and the common physical, learning, language, and behavioral sequela of these conditions

Driver Evaluation and Rehabilitation

- Pellerito, J. (2006). Driver Rehabilitation and Community Mobility, Principles and Practices
- Redepenning, S. (2006). Driver Rehabilitation Across Age and Disability: An Occupational Therapy Guide
- McGuire, M.J., Schold Davis, E. (2012). Driving and Community Mobility: Occupational Therapy Strategies Across the Lifespan
- Stav, W. (2015). Occupational Therapy Practice Guidelines for Driving and Community Mobility for Older Adults
- components of driver education
- components of behind-the-wheel assessments
- the variety of adaptive equipment available to compensate for various physical, visual and cognitive limitations
- Driver Rehabilitation Toolkit, www.aded.net

Suggested bibliography-updated lists are found on these sites:

Association for Driver Rehabilitation Specialists:

www.aded.net

- Spectrum of Driver Rehabilitation Program Services
- CDRS Examination Preparation
- Best Practices for the Delivery of Driver Rehabilitation Services

National Highway Traffic Safety Administration:

www.nhtsa.dot.gov

American Occupational Therapy Association:

www.aota.org/olderdriver

National Mobility Equipment Dealer Association, CAMS video:

www.nmeda.org

*ADED does not endorse, recommend or warrant any product, link or resource. This is list not inclusive of all resources available and is provided with the intent of assisting the professional development of the healthcare professional.