

'Making the Transition from Driving to Not Driving'

The National Office for Traffic Medicine (NOTM) will present 'Making the Transition from Driving to Not Driving' Webinar on the 16 October 2025 17:30 to 19:30 pm.
CPD 2 points (RCPI and ICGP accreditation pending).

Agenda

Time	Topic	Speaker
17:30 – 17:35	Introduction	Prof Desmond O'Neill, Director, NOTM
17:35 – 18:00	Patterns of transportation after driving cessation	Prof Desmond O'Neill, NOTM
18:00 - 18:30	Compassionate Transitions in Decision Making and Support for Older People to Give Up Driving	Prof Charles Musselwhite, University of Aberystwyth, Wales . Professor of Psychology, with a Chair in the Psychology Department at Aberystwyth University.
18:30 – 19:00	How to have challenging conversations in an emotionally supportive manner: attending to and responding to driver distress	Dr Daragh Keogh, Chartered Counselling Psychologist an Assistant Professor on the Doctorate in Counselling Psychology in the School of Psychology, Trinity College Dublin
19:00 – 19:20	Panel discussion	
19:20 – 19:30	Closing remarks	Prof Desmond O'Neill

Professor Charles Musselwhite (Aberystwyth University)



Compassionate Transitions in Decision Making and Support for Older People to Give Up Driving

This presentation explores the complex decision-making processes around driving cessation, considering the roles of older people themselves, as well as family, friends, medical professionals, and driving instructors. It also examines the potential of diverse interventions – from technology and licence renewal systems to group-based support, education, and training – to better support this transition. By addressing both practical and emotional needs, more effective and compassionate approaches to mobility in later life can be developed.

Biography: Professor Charles Musselwhite is Head of the Psychology Department at Aberystwyth University, Wales, UK where he holds a Chair in Psychology. His research applies community and environmental psychology to ageing, mobility, and wellbeing, with expertise in environmental gerontology, age-friendly communities, driving cessation, and road user safety. He has led or collaborated on 54 funded projects worth £25.5m, authored over 70 journal articles, 27 book chapters, and five books, and delivered more than 150 conference presentations worldwide. Professor Musselwhite is Co-Director of the University Research Centre for Transport and Mobility (CeTrAM). He is a Fellow of the Academy of Social Sciences. He chairs the Universities Transport Study Group, contributes to government and third sector advisory groups, and is Editor-in-Chief of the *Journal of Transport & Health*. His work is strongly focused on public engagement, policy impact, and advancing age-friendly research and practice.

Dr. Daragh Keogh (D.Couns.Psych) TCD



How to have Challenging Conversations in an Emotionally Supportive Manner: Attending to and Responding to Driver Distress

The transition from driving to not driving generally starts with informing a person they may be unable to continue to drive which can be a very challenging conversation for both the person delivering this news and the person who is receiving it. This presentation provides guidance on how to conduct this discussion in an emotionally attentive and supportive manner and how to support the person or family members will be provided. Consideration will also be given to how the person imparting the news can themselves be impacted.

Biography: Dr Keogh is an Assistant Professor in the School of Psychology, Trinity College Dublin, Ireland. He is a Chartered Counselling Psychologist, an EFT (Emotion-Focused Therapy) therapist, and a psychotherapy researcher with a particular interest in emotional change processes. He has been trial manager on a number of clinical trials investigating the efficacy of EFT as an intervention for depression, anxiety and related disorders including obsessive-compulsive disorder and trauma. His current research interests include developing EFT as an individual and group treatment for eating disorders, and interventions for parents and caregivers of children and youth, including children living in foster and residential care. He is the co-author (with Ladislav Timulak) of *'Transdiagnostic Emotion-Focused Therapy: A Clinical Guide for Transforming Emotional Pain'* (2021, American Psychological Association).

Prof. Desmond O'Neill, National Office for Traffic Medicine, TCD



Patterns of Transportation after Driving Cessation

This presentation will examine the patterns of transport mobility in the Irish population and will cite data from The Irish Longitudinal Study on Ageing (TILDA) which is a large-scale, nationally representative, longitudinal study on ageing in Ireland.

Biography: In international terms, Prof O'Neill's major field of research is that of transportation, ageing and older drivers and has led to invitations to advise the OECD,

American Medical Association, the World Health Organization, Swedish Road Transport Board, the US Transportation Research Board, the UK Department of Transport and House of Lords. He is a member of the international scientific board of *ITNAmerica*, the premier social economy model of assisted transportation in North America. He has previously worked with CIECA, the international body on driver assessment and testing, on its guides to medical fitness to drive. He has been involved in the development of innovations such as a Postgraduate Certificate in Traffic Medicine, and has published widely on traffic medicine in peer-reviewed literature and chapters in medical textbooks.