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Driving Habits of a Cohort of Older Canadians: A COMPASS-ND Study

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Abstract

Older adults can experience declines in their cognitive abilities, which could affect their ability to engage in daily activities such as driving. Here, we compare the driving habits of older adults across different cognitive groups: cognitively healthy older adults (control), Subjective Cognitive Decline (SCD), Mild Cognitive Impairment (MCI), and Alzheimer's Disease (AD). We analyzed data from the large-scale Comprehensive Assessment of Neurodegeneration and Dementia study (COMPASS-ND, Chertkow et al., 2019). Results revealed that the AD group drove the least often and shortest distances. Interestingly, on several measures, the SCD group was more like the MCI group than the control group (driving frequency, restrictions), suggesting that even subjective declines were associated with differences in driving habits. We will further discuss how these results are influenced by sensory and demographic factors. Driving-related limitations could reduce older adults' participation and access to essential resources, in turn, negatively affecting their physical and mental health.

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