

# "Get Driving" Online Therapy Toolkit



The "Get Driving" therapy toolkit is an online activities package designed support learner drivers and pre-learner drivers to assist them with developing underlying motor, visual and processing skills necessary for driving. The toolkit ideally is used after a "Potential to Drive" assessment with an OT driver assessor.

## ✓ Who is the Get Driving therapy toolkit for?

- Learner drivers who have completed a "Potential to Drive" assessment
- Parents / caregivers / families of learner drivers
- OT driver assessors working with learner drivers
- Generalist OTs, allied health assistants, support coordinators, support workers.

**Keep working on skills you need for driving with your family and support workers, to complement specialised driving lessons and driving support sessions with your driving OT.**

# SNEAK PEEK!

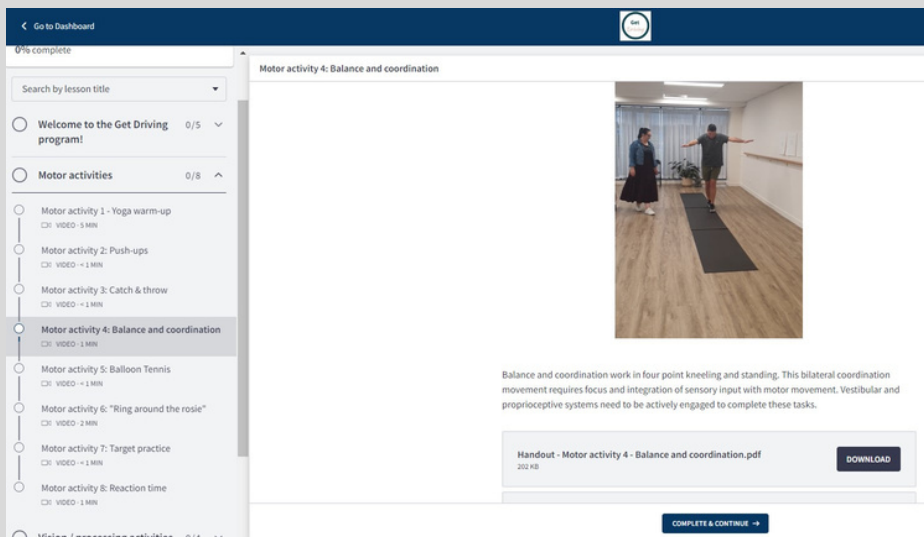
**Downloadable activity sheets!**

**Online therapy toolkit with video examples!**



**Motor Coordination  
Activity 3: Catch & throw**

Activity	Play catch with a variety of balls/items that are different sizes and weights (beach balls, kick balls, bouncy balls, bean bag, balloon, ping pong ball, stuffed toy). This activity encourages hand eye coordination, visual motor integration, timing of movement, balance and core strength.
What you need	Variety of balls / bean bags <a href="https://www.kmart.com.au/product/4-pack-bean-bags-42853916/">https://www.kmart.com.au/product/4-pack-bean-bags-42853916/</a> Balance cushions <a href="https://www.kmart.com.au/product/balance-cushion-42837152/">https://www.kmart.com.au/product/balance-cushion-42837152/</a> Fitball if available
Beginner	Throw one item at a time. Start with a big item which is easy to catch and throw, start at a slow pace and throw directly to their hand position.
Intermediate	<ul style="list-style-type: none"> <li>• Throws at different heights</li> <li>• Different speeds.</li> <li>• Throw away from base of support (reaching / stepping)</li> <li>• Add a second beanbag / ball, two at a time</li> </ul>
Advanced	<ul style="list-style-type: none"> <li>• Squat whilst throwing/catching</li> <li>• Balance on balance cushions in standing</li> <li>• Balance on balance cushions in kneeling</li> <li>• Sit on a fit ball if available</li> </ul>



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## ✓ **What's in the Toolkit?**

- Motor coordination activities
- Vision, processing and decision activities
- Driving prep activities - including using the Drive Focus app and community mobility
- Passenger activities
- Activity sheets
- How to grade from a beginner, to intermediate, to advanced level
- Video examples of all the activities with Director Jenny and client Jacob

## ✓ **I want the Get Driving toolkit - how do I get it?**

1) Email [admin@drivingwell.com.au](mailto:admin@drivingwell.com.au) to request purchase of the Get Driving Toolkit through your NDIS plan. We need your:

- Name
- NDIS Participant number
- Payment details (Plan Manager / self managed).

Cost = \$387.98 (equivalent of 2 hours of CB: improved daily living)

2) We will bill your plan then email you details to log-in with a "coupon" to access the Toolkit.

3) Log-in here: <https://drivingwell.thinkific.com/courses/getdriving>  
Create an account, receive an email confirmation, log-in at any time!

