**Driving after stroke a short guide**

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Afte a stroke or transient ischaemic attack (TIA or mini-stroke), you must stop driving for a minimum period.

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• Car and motorcycle drivers must not drive for a minimum of one calendar month.

• Lorry and bus drivers must stop driving   
for a minimum of six months or one   
year, depending on the type of stroke.

Many people will be able to drive after the minimum period, but some will have to stop driving for longer. Some people will have to stop driving for good.

Why can’t I drive after a stroke?

Driving is a complex task using many different

skills, all of which may be affected by a stroke. All drivers must be able to:

1. Control the vehicle.

2. Respond to the road, traffic and other external cues.

3. Remember and follow the rules of the road.

A stroke happens in your brain, which is the control   
centre for your body. This can cause changes to   
your body, emotions, memory and thinking. It can   
affect everything you do, including driving.

Emotional and practical impact

Not being allowed to drive can be a shock. You might feel worried about losing your independence. At the Stroke Association, people often ask us about driving, and we know how important it is.

• You can call our Helpline for practical guidance and someone to speak to.

• Contact Driving Mobility, the UK body for driving assessment centres and mobility centres. They can help you find individual advice about driving after stroke. Visit [**drivingmobility.org.uk**](http://www.drivingmobility.org.uk)

Who will tell me to stop driving?

It is your responsibility to ensure you are safe   
to drive.

When and if you can start driving again depends on several things including:

• The type of stroke.

• The effects of your stroke.

• Other medical conditions you may have.

This guide can help you find more information or individual advice about what you should do.

If a health professional such as a doctor or eye specialist thinks you are not safe to drive for medical reasons, they must tell you to stop and they may have to inform the DVLA, with your consent where possible.

Who should I tell?

You might need to tell the DVLA (DVA in Northern Ireland). See page 7.

• You must tell your motor insurance company, or your insurance may be invalid. Driving without insurance can lead to a fine or a driving ban.

How do I know if I should tell the DVLA/DVA about my stroke?

Car and motorbike drivers must tell the DVLA/DVA if they still have problems after one calendar month. Large vehicle drivers must tell the DVLA/ DVA straight away. To find out more about what you need to do you can:

• Read our detailed information online: **stroke.org.uk/driving**

• Get individual advice about driving from a driving assessment centre.

• Get individual advice about your stroke from your GP, eye specialist or occupational therapist.

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If you do not tell the DVLA/DVA about a medical condition that affects your driving, you could be fined up to £1000. If you have a crash, you could be prosecuted and get a criminal conviction.

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Who decides if I can start driving again?

The DVLA/DVA makes the final decision about licences. The role of GPs and other medical professionals is to give you advice about your stroke, and how it might affect your driving. They cannot give permission to drive, but they can help you understand what you need to do.

Support with going back to driving

An occupational therapist (OT) can support you with understanding how a stroke affects your driving, and help you with the skills needed to start driving again. Ask your GP to refer you to an OT.

Your local driving assessment centre can give individual advice or an assessment of your fitness to drive. They can also help you arrange driving lessons to get your confidence back.

What if I have to stop driving?

We have detailed information online for people who have to stop driving. This includes:

• Staying independent without driving.

• The emotional impact of not driving.

• Work and finances when you have to stop driving.

Visit **stroke.org.uk/driving** to find out more.

This information is a general guide to driving after   
stroke. It is not intended to be comprehensive information about all medical conditions relating to stroke, or the law about driving after stroke. You should get individual medical or legal advice about your own driving.

## How can I get information and advice?

**Driving Mobility**

Website:[**drivingmobility.org.uk**](https://www.drivingmobility.org.uk/)   
Tel: **0800 559 3636 ·**

Email: [**info@drivingmobility.org.uk**](mailto:info@drivingmobility.org.uk)

The national organisation for driving assessment   
centres and mobility centres. Get in touch to find a   
local assessment centre and get individual advice.

**DVLA: Driver and Vehicle Licensing Agency**   
Website: [**gov.uk/dvla**](http://gov.uk/dvla)

Drivers’ medical enquiries: **0300 790 6806**

Driver licensing in England, Scotland and Wales. Tell DVLA about a medical condition online or download forms STR1 and STRI1V from the website.

**DVA: Driver and Vehicle AgencyNorthern Ireland**

Website:[**nidirect.gov.uk/motoring**](http://www.nidirect.gov.uk/motoring)   
Tel: **0300 200 7861**

Email: [**dva@infrastructure-ni.gov.uk**](mailto:dva@infrastructure-ni.gov.uk)

Driver licensing in Northern Ireland. Tell DVA about a medical condition by post, telephone or email. Details on the website.

## About our information

We want to provide the best information for people affected by stroke. That’s why we ask stroke survivors and their families, as well as medical experts, to help us put our publications together.

#### How did we do?

To tell us what you think of this guide, or to request a list of the sources we used to create it, email us at **feedback@stroke.org.uk**.

#### Accessible formats

Visit our website if you need this information in audio, large print or braille.

**Always get individual advice**

This guide contains general information about stroke. But if you have a problem, you should get individual advice from a professional such as a GP or pharmacist. Our Helpline can also help you find support. We work very hard to give you the latest facts, but some things change. We don’t control the information provided by other organisations or websites.

Every five minutes, stroke destroys lives. We need your support to help rebuild them. Donate or find out more at **stroke.org.uk**.

The Stroke Association is registered as a charity in England and Wales (No 211015) and in Scotland (SC037789).   
Also registered in the Isle of Man (No. 945) and Jersey (No. 221), and operating as a charity in Northern Ireland.

Stroke Helpline: 0303 3033 100

Website: stroke.org.uk

Email: helpline@stroke.org.uk

From a textphone: 18001 0303 3033 100

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