

Your driving medical

If you're renewing your licence at 75, 80 or older, or you need a medical for work or a heavy vehicle licence, this sheet explains what happens at the appointment, what it costs, and what to bring.

When you need one

NZ Transport Agency Waka Kotahi (NZTA) asks drivers to renew their licence at 75, again at 80, and then every two years after that. Each time, you'll need a medical certificate from a doctor or nurse practitioner.

Please book at least four weeks before your licence expires. That leaves time for anything extra, like an eyesight check with an optometrist, without your licence running out in the meantime.

What it costs

Driving medical	\$140 enrolled
Not government subsidised	\$200 casual
Memory test with our nurse	\$50
Only if your doctor or nurse practitioner recommends it	

If you'd like to talk about other health concerns while you're here, please ask for a longer appointment when you book. A standard consultation fee applies.

About the memory test

Not everyone needs a memory test. If your doctor or nurse practitioner would like a closer look at your memory, concentration or thinking, they'll ask you to book one with our nurses. It takes about 15 minutes and uses the Mini-ACE, the screening test recommended in New Zealand. It covers memory, attention, language and how you judge space and shapes.

Driving asks a lot of the brain. Most people handle the mechanics easily, but safe driving also depends on reacting quickly to what happens around you, and this test helps us check that.

What happens at the appointment

Your doctor or nurse practitioner will:

- ask you some questions about memory and concentration
- check your mobility, coordination and reaction time
- examine you and test your eyesight
- review your medications and medical history
- ask any other health questions that matter for driving

Please bring

- your current driver licence
- your driving glasses and reading glasses
- a list of your medications, or the medicines themselves
- an eyesight certificate, if you see an eye specialist (for example for glaucoma or cataracts, or if you have sight in only one eye)

A tip about eyesight

If you wear glasses to drive but don't see a specialist, an optometrist check before your appointment can help. They can fill in an NZTA eyesight certificate, which also means you won't need an eye test when you renew at the licensing agent. It needs to be done within 60 days of renewing.

The outcome

Your doctor or nurse practitioner will decide that you are:

- 1 Fit to drive.** You can renew your licence at a driver licensing agent.
- 2 Fit to drive with conditions.** For example daytime driving only, driving close to home, or a shorter licence of six or twelve months.
- 3 Fit to drive if a specialist agrees.** We'll refer you for a further check first.
- 4 Not fit to drive.** It's no longer safe for you to drive, and we'll talk with you about what comes next.

If you need further assessment

If something needs a closer look, we'll explain why and what the next step is. That might be a visit to an optometrist or eye specialist, a specialist opinion (for example from a cardiologist or geriatrician), or an on-road driving assessment with an occupational therapist who specialises in driving. Some of these carry their own costs, and we'll let you know before you commit.

A borderline memory test doesn't necessarily mean you have to stop driving. It usually means an occupational therapist driving assessment is the fairest way to decide.

Some health conditions affect driving and may need a specialist's clearance. These include stroke or TIA, epilepsy, blackouts, Parkinson's disease, dementia, some heart conditions and uncontrolled diabetes. Things often improve with treatment, and many people return to driving.

Your rights

You're welcome to get a second opinion from another doctor or nurse practitioner, here or at another practice. Please tell them about your medical history and any earlier test results. Leaving these out is an offence under the Land Transport Act.

What we have to do by law

If we find you're not safe to drive and we believe you're still driving, we're required to let NZTA know. We'll always talk with you first.

If you can no longer drive

Stopping driving is a big change, and we'll help you find other ways to get around. Options include the Total Mobility taxi scheme, free off-peak public transport with a SuperGold card, and mobility scooters. Just ask and we'll point you in the right direction.

Your appointments

Driving medical with:

Date and time:

Memory test (if needed):

Date and time:

PHONE

09 281 5668

EMAIL

reception@newamedical.co.nz

HOURS

Mon to Fri, 8.30am to 5.00pm

WE SPEAK

English, Mandarin, Cantonese
and Korean