

## Driving

### **Obtaining a licence**

Many people with hemiplegia are able to drive a car, providing it has automatic gears, power steering and steering and indicator adaptations. You will not, however, be able to obtain a licence if you have epilepsy or severe eye problems.

### **Useful modifications**

Your choice of car might depend on which side is affected by hemiplegia, since some cars have the indicator on the left side of the steering wheel and some the right. If you have enough control over your affected hand to knock the indicator up or down, then all you need is an extension to the indicator lever. Your stronger hand is then left free to steer with a steering ball attached to the steering wheel. These can be either fixed or detachable, depending on whether other people use the car. If you cannot operate an extended indicator lever with your affected hand, then you need a gadget with an infrared beam fixed to the steering wheel, which you operate with your stronger hand.

### **Forum of Mobility Centres**

The Forum of Mobility Centres is a network of 17 independent organisations covering England, Scotland, Wales and Northern Ireland, who offer information, advice and assessment to people with a disability who think they may need special modifications to a motor vehicle in order to be able to control it safely.

Address: The Forum of Mobility Centres  
c/o Providence Chapel  
Warehorne, Ashford  
Kent  
TN26 2JX

Phone: 0800 559 3636

Email: [mobility@rcht.cornwall.nhs.uk](mailto:mobility@rcht.cornwall.nhs.uk)

The Mobility Advice and Vehicle Information Service (M.A.V.I.S.) which was based in Berkshire, no longer exists.

## **Regional Forum of Mobility Centres**

### **Belfast**

Disability Action  
Portside Business Park  
189 Airport Road  
Belfast  
BT3 9ED  
Tel: 02890 297880  
Fax: 02890 207881  
Email: [mobilitycentre@disabilityaction.org](mailto:mobilitycentre@disabilityaction.org)

### **Birmingham**

Regional Driving Assessment Centre  
Unit 11  
Network Park  
Duddeston Mill Road  
Birmingham  
B8 1AU  
Tel: 0845 3371540  
Email: [info@rdac.co.uk](mailto:info@rdac.co.uk)

### **Bristol**

Mobility Service of the Disabled Living Centre (West of England)  
The Vassall Centre  
Gill Avenue  
Fishponds  
Bristol  
BS16 2QQ  
Tel: 011796 59353  
Fax: 011796 53652  
Email: [mobserv@thisisliving.org.uk](mailto:mobserv@thisisliving.org.uk)  
Website: [www.thisisliving.org.uk](http://www.thisisliving.org.uk)

### **Bodelwyddan**

North Wales Mobility and Driving Assessment Service  
Disability Resources Centre  
Glan Clwyd Hospital  
Bodelwyddan  
Denbighshire  
LL18 5UJ  
Tel: 01745 58 48 58  
Fax: 01745 535 042  
E-mail: [alexbarr@btconnect.com](mailto:alexbarr@btconnect.com)

### **Cardiff**

South Wales Mobility and Driving Assessment Service

Rookwood Hospital  
Fairwater Road  
Llandaff  
Cardiff  
CF5 2YN  
Tel: 029205 55130  
Fax: 029205 55130  
Email: [helen@wddac.co.uk](mailto:helen@wddac.co.uk)

### **Carshalton**

Queen Elizabeth's Foundation Mobility Centre  
Damson Way  
Fountain Drive  
Carshalton, Surrey  
SM5 4NR  
Tel: 02087 701151  
Fax: 02087 701211  
Email: [info@mobility-qe.org](mailto:info@mobility-qe.org)  
Website: [www.qefd.org/mobilitycentre/](http://www.qefd.org/mobilitycentre/)

### **Derby**

DrivAbility (Derby Regional Mobility Centre)  
Kingsway Hospital  
Kingsway  
Derby  
DE22 3LZ  
Tel: 01332 371929  
Fax: 01332 382377  
Email: [driving@derbyhospitals.nhs.uk](mailto:driving@derbyhospitals.nhs.uk)  
Website: [www.derbydrivability.com](http://www.derbydrivability.com)

### **Edinburgh**

Scottish Driving Assessment Service  
Astley Ainslie Hospital  
133 Grange Loan  
Edinburgh  
EH9 2HL  
Tel: 01315 379192  
Fax: 0131 537 9193  
Email: [marlene.mackenzie@lpct.scot.nhs.uk](mailto:marlene.mackenzie@lpct.scot.nhs.uk)

### **Leeds**

The William Merritt Disabled Living Centre and Mobility Service  
St Mary's Hospital  
Green Hill Road  
Armley  
Leeds  
LS12 3QE

Tel: 01133 055288  
Fax: 01132 319291  
Email: [mobility.service@nhs.net](mailto:mobility.service@nhs.net)  
Website: [www.williammerrittleeds.org](http://www.williammerrittleeds.org)

### **Maidstone**

DART Driving Assessment and Advice Centre  
Cobtree Ward  
Preston Hall Hospital  
London Rd  
Aylesford  
Kent  
ME20 7NJ  
Tel: 01622 795719  
Fax: 01622 795720  
Email: [julie.chatburn@nhs.net](mailto:julie.chatburn@nhs.net)

### **Newcastle upon Tyne**

North East Drive Mobility  
Walkergate Park  
Centre for Neuro-rehabilitation and Neuro-psychiatry  
Benfield Road  
Newcastle upon Tyne  
NE6 4QD  
Tel: 0191 287 5090  
Fax:  
Email: [northeast.drivemobility@ntw.nhs.uk](mailto:northeast.drivemobility@ntw.nhs.uk)  
Website: <http://www.ntw.nhs.uk>

### **Oxford**

Oxford Mobility Centre  
c/o Regional Driving Assessment Centre  
West Heath Hospital  
Rednal Road  
Birmingham  
B38 8HR  
Tel: 0845 3371540  
Email: [info@rdac.co.uk](mailto:info@rdac.co.uk)

### **Southampton**

Southampton Mobility Centre  
Unit 211,  
Solent Business Centre  
Millbrook Road West  
Millbrook  
Southampton SO15 0HW  
Tel 023 8051 2222  
Email: [sotoncentre@btconnect.com](mailto:sotoncentre@btconnect.com)

**Thetford**

Kilverstone Mobility Assessment Centre  
2 Napier Place  
Thetford  
Norfolk  
IP24 3RL  
Tel: 01842 753029  
Fax: 01842 755950  
Email: [mail@kmacmobil.org.uk](mailto:mail@kmacmobil.org.uk)  
Website: [www.kmacmobil.org.uk](http://www.kmacmobil.org.uk)

**Truro**

Cornwall Mobility Centre  
Servicing the South West Peninsula  
Tehidy House, Royal Cornwall Hospital  
Truro, Cornwall  
TR1 3LJ  
Tel: 01872 254920  
Fax: 01872 254921  
Email: [enquiries@cornwallmobilitycentre.co.uk](mailto:enquiries@cornwallmobilitycentre.co.uk)  
Website: [www.cornwallmobilitycentre.co.uk](http://www.cornwallmobilitycentre.co.uk)

**Welwyn Garden City**

Hertfordshire Action on Disability Mobility Centre  
The Woodside Centre  
The Commons  
Welwyn Garden City  
Hertfordshire  
AL7 4DD  
Tel: 01707 324581  
Fax: 01707 371297  
Email: [driving@hadnet.org.uk](mailto:driving@hadnet.org.uk)  
Website: [www.hadnet.org.uk](http://www.hadnet.org.uk)

**Wigan**

Wrightington Mobility Centre  
Wrightington Hospital  
Hall Lane  
Appley Bridge  
Wigan  
Lancs  
WN6 9EP  
Tel: 01257 256409  
Fax: 01257 256538  
Email: [mobility.centre@alwpct.nhs.uk](mailto:mobility.centre@alwpct.nhs.uk)

You can find your nearest centre, and more information, on the Forum of Mobility Centres website: <http://www.mobility-centres.org.uk/>

*HemiHelp has a range of leaflets covering many of the areas touched on above, and also a Useful Names and Addresses List to help you contact other organisations.*

**HemiHelp**

Camelford House,  
89 Albert Embankment  
London, SE1 7TP  
Helpline: 0845 123 2372  
(Mon-Fri 10am-1pm)  
Admin: 0845 120 3713  
Fax: 0845 120 3723  
Email: [support@hemihelp.org.uk](mailto:support@hemihelp.org.uk)  
[www.hemihelp.org.uk](http://www.hemihelp.org.uk)

Charity No: 1085349

*Although great care has been taken in the compilation and preparation of this leaflet to ensure accuracy, HemiHelp cannot accept responsibility for any errors or omissions.*

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