

Driving & Diabetes

Information for Health Professionals

Medical Conditions and Medications

New laws came into effect in Queensland on 1 March 2006, commonly known as 'Jet's Law', introducing a mandatory requirement for driver licence holders to report any long term or permanent medical conditions to Queensland Transport that may affect their ability to drive safely.

Diabetes is one of those medical conditions that Queensland Transport requires us to report (along with heart and lung conditions, arthritis etc). Diabetes has the potential to impact on a person's ability to drive safely particularly if they are poorly controlled. Medical staff will need to provide a certificate or medical report stating fitness to drive.

Note: Drivers who fail to report their medical condition may receive a maximum A\$4500 penalty or be disqualified from driving for a certain period.

Medical Reporting Forms

A number of reporting forms to help streamline the process for informing Queensland Transport of a medical condition have been developed and are available on their website at www.transport.qld.gov.au

Applying for a Learner licence

To apply for a learner licence the young person must:

- be at least 16 years of age
- completed the Driver Licence Application/Renewal Form (F3000)
- show suitable evidence of identity and Queensland residency documents
- pass an eyesight test
- declare that they are medically fit to learn to drive the class of motor vehicle. They are required to show a medical certificate from their doctor stating that they are medically fit to drive or ride safely
- pay the road rules test fee and pass the test
- pay the required learner licence fee.

Applying for a Driver's License

The Queensland Government has introduced a graduated licensing system to reduce fatalities on our roads—particularly among young drivers. The aim of the system is to encourage safer and more proficient drivers and riders.

There are **seven steps** that must be completed to get a driver licence in Queensland. For further information go to the Queensland Transport website at <http://www.transport.qld.gov.au>.

Driving and Hypo's

As hypoglycaemia can occur at any time which means it could happen while driving. It is important for young people to have a good knowledge about hypoglycaemia including being able to recognise their usual symptoms.

Diabetes Control

The desire for a medical certificate to obtain their driver's licence may be a factor that motivates the young person to improve their diabetes control. Take advantage of this new found motivation and arrange for them to attend for some re-education sessions.

Education Requirements:

Topic	Content
<i>Getting a Driver's Licence</i>	<ul style="list-style-type: none">• explain the specific requirements to obtain a learners and drivers licence• discuss current restrictions and regulations around holding a drivers licence• discuss young person's usual 'hypo' symptoms and what their early warning signs are• discuss safety precautions that need to be taken every time a young person gets behind the wheel of a car, which include:<ul style="list-style-type: none">- Always checking their BSL before starting the car- Keeping 'hypo' food in the car at all times- Never drinking alcohol and driving- Never taking drugs and driving

References and Resources

Websites: <http://www.transport.qld.gov.au>
<http://www.racq.com>

Maps: The RACQ has developed [maps](http://www.racq.com/learnerdrives) for learner drivers to ensure they gain a range of experience while learning to drive. By following the routes on these maps young people can practice different skills and experience a variety of driving situations. These maps are available on the RACQ website <http://www.racq.com/learnerdrives>.