



Helping Mature Drivers Find Their Safest Fit



How can **CarFit** help older drivers achieve the perfect “fit”?

CarFit is an educational safety program developed by AAA, AARP, and the American Occupational Therapy Association designed to help older adults stay safe while driving by providing information and tools on how to optimize their vehicle’s safety features.

The goals of the community-based program are to:

- ▶ Help aging drivers improve the “fit” of their vehicles for safety and comfort
- ▶ Promote conversations among older adults and their families about safe driving
- ▶ Explore solutions to safe driving concerns that may include adaptive equipment or services offered by a Driver Rehabilitation Specialist (DRS)

By attending a CarFit event, older adults can **be proactive** about staying safe on the road. CarFit uses a team of trained volunteers, including Occupational Therapy practitioners, to assist older drivers with items such as:

- ▶ Proper safety belt use and fit
- ▶ The safe distance between the driver and their air bag
- ▶ Clear line of sight above the steering wheel
- ▶ Properly adjusted head restraints
- ▶ Safe positioning of mirrors to minimize blind spots

This **FREE**, 20-minute check-up provides an opportunity to start a positive, non-threatening conversation about driver safety and share information on community-specific resources to help enhance safety and increase mobility.

To find an event near you, please visit [Car-Fit.org](https://www.car-fit.org).

How can you help?

Many great opportunities exist for you to become involved in local CarFit events! As a volunteer, you may choose to become a CarFit Technician, CarFit Event Coordinator, or assist in the role of an Occupational Therapy Practitioner. You can also host a CarFit event in your community.

Trained Technician

CarFit Technicians are instrumental to a successful CarFit event. Anyone can become a CarFit Technician by attending a half-day training hosted by a CarFit Event Coordinator. After completion, trained Technicians are able to take participants through a CarFit event safely.

Event Coordinator

As a volunteer Event Coordinator, you can help bring CarFit to your community. Trained volunteer Event Coordinators can:

- ▶ Host CarFit events following proper programmatic procedures
- ▶ Train CarFit technicians to assist at your events
- ▶ Participate in and manage CarFit events

Occupational Therapy Practitioner

The CarFit Occupational Therapy Practitioner plays an important role at CarFit events by br
As a trained Technician or Event Coordinator, the practitioner may make suggestions on how to enhance driver safety based on the results of the CarFit Checklist.

Host a CarFit Event

With the help of a trained Event Coordinator, your agency or organization can host a CarFit event in your community.

Local host organizations are asked to recruit volunteers for training or provide staff to help at the event, market the event locally, secure a safe parking lot for the event, and manage driver appointments.

In partnership with:



Understand • **Be Proactive** • Plan

To learn more about how you can get involved, please visit fdot.info/CarFit or call (833) 930-2952.