



CARFit 

Helping Mature Drivers Find Their Safest Fit

AOTA The American Occupational Therapy Association, Inc.



AARP
Driver Safety

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.
- ▶ Provide community transportation resources and information on how to use new vehicle technologies and warning devices.

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 therapists, to assist older drivers with items such as:

- ▶ Clear line-of-sight over the steering wheel;
- ▶ Safe space between the front air bag/steering wheel and the driver’s breastbone;
- ▶ Properly adjusted head restraints;
- ▶ Proper seat belt use and fit, and
- ▶ Safe positioning of mirrors to minimize blind spots.

This **FREE**, 20-minute intervention not only provides an opportunity to open a positive, non-threatening conversation about driver safety but also provides information on community-specific resources to help enhance the safety of older drivers and increase their mobility in the community.

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. As a Trained Technician, 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 own 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 [Car-Fit.org](https://www.car-fit.org) or call 833-930-2952.