

CARFit®



Helping Mature Drivers Find Their Safest Fit

AOA American Occupational Therapy Association

AARP

Helping aging drivers find comfort and safety in their own vehicle.



Fast • Fun • Free



Understand • **Be Proactive** • Plan

To find an event near you, please visit Car-Fit.org

What is CarFit?

CarFit is a parking lot activity where a team of trained technicians use a checklist of items to review the comfort and safety of your vehicle. Our team may make suggestions for you to consider, but no changes will be made. It is not a driving test, skill assessment, or mechanical inspection.

Why is it important?

Natural age-related changes can make us feel less secure behind the wheel. CarFit can help you to continue to drive safely by providing a quick and easy check of how well you and vehicle work together.

What can I expect?

While seated in your vehicle, our team of trained technicians will help you learn:

- » Proper seat belt use and fit
- » The safe distance between you and your airbag
- » Clear line of sight above the steering wheel
- » Mirror positioning to minimize blind spots
- » Accessing vehicle controls

A CarFit check-up is free and takes about 20-30 minutes.



What will I take home?

You will leave with suggested car adjustments, a list of local resources to help increase your mobility in the community and a greater peace of mind.

Visit [SafeMobilityFL.com](https://www.SafeMobilityFL.com) to learn more about how you can be proactive about your safe driving skills.

For more information, contact: 833-930-2952