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## Helping Mature Drivers Find Their Perfect Fit



### Program Overview

CarFit is an educational program created by the American Society on Aging, and developed in collaboration with AARP, AAA, and the American Occupational Therapy Association. The goals of the community-based program are three-fold:

- Help older drivers improve the “fit” of their vehicles for safety and comfort.
- Promote conversations among older adults and families about driving safety and the continued need for mobility options to keep people participating in the life of their communities.
- Link adults with relevant, local resources that can help ensure they drive safely longer.

CarFit uses a trained team of volunteers, including an occupational therapist, to assist senior drivers with items such as:

- a clear line of sight over the steering wheel;
- adequate space between the front airbag/steering wheel and the driver’s breastbone; properly adjusted head restraints;
- proper positioning on gas and brake pedals;
- proper safety belt use and fit, and safe positioning of mirrors to minimize blind spots.

The 20-minute **free** intervention not only provides an opportunity to open a positive, non-threatening conversation about driver safety, but it also provides specific community resources to help older drivers stay healthy and continue to drive for as long as safely possible. *CarFit is a key component to help drivers remain proactive about staying safe on the road.*

Local host organizations are asked to recruit volunteers for training & the help at the event; to market the event in your local area & to help secure a parking lot for the event itself.



For more information, please contact Fran Carlin-Rogers, CarFit instructor at [FcrCarFit@aol.com](mailto:FcrCarFit@aol.com) or 407 422 0991.