



Helping Mature Drivers Find Their Safest Fit



CarFitSM General FAQs

What is CarFit?

CarFit is a community-based educational program that promotes continued safe driving and mobility among older drivers by focusing attention on safety, comfort, and fit. CarFit was created in 2006 in collaboration with AAA (American Automobile Association), AARP and the American Occupational Therapy Association (AOTA). The program is designed to:

- Help older drivers find out how well they currently fit their personal vehicle
- Highlight actions they can take to improve their fit
- Promote conversations about driver safety and community mobility

Watch this [brief video](#) for an introduction to CarFit

Why is CarFit important?

Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies.

(Source: [NHTSA](#))

Driver safety programs improve adult driver safety by addressing cognitive abilities and skills, however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. The program is designed to help older drivers find out how well they currently fit their personal vehicle, to highlight actions they can take to improve their fit, and to promote conversations about driver safety and community mobility. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.

In what ways can CarFit potentially improve road safety?

Three examples underscore the importance of the CarFit program to road safety:

- **Example one:** Knowing how to properly adjust one's mirrors can greatly minimize blind spots for drivers who may wish to change lanes
- **Example two:** Good foot positioning on the gas and brake pedals is important. If the driver is reaching with his or her toes to press on the pedals, it can cause fatigue in one's leg and slowed reaction times

- **Example three:** Drivers run a risk of serious injury if they are sitting closer than 10 inches to the steering wheel

Is CarFit effective?

CarFit was pilot tested in 10 cities in the spring of 2005 with more than 300 older driver participants. Based on findings from the CarFit checklists completed at the events and follow-up surveys of participants, the program appears to be highly effective on multiple fronts. Some of the results show:

- More than one-third (37%) had at least one critical safety issue needing addressed
- 1 in 10 (10%) were seated too close to the steering wheel
- Approximately 20% did not have a line of sight at least 3" over the steering wheel

In addition, the vast majority of those responding to the survey indicated that as a result of having gone through the CarFit event, they made a change to improve the fit of their vehicle, their use of safety features in their vehicle and/or their willingness to discuss their driving with family and/or health care providers.

How can I become involved in CarFit?

CarFit is a program whose success depends on volunteers across the country. There are two steps to begin volunteering for CarFit:

1. By becoming a CarFit *Technician*, you will be able to participate in CarFit events hosted by a CarFit Event Coordinator. A half-day training teaches you the three parts of each CarFit event: Check-in, Check-up and Check-out.
 - Go to www.car-fit.org to find a Technician Training in your area, or to volunteer for an event.
2. By becoming an *Event Coordinator*, you will be trained to host CarFit events following proper programmatic procedures. Event Coordinators train CarFit technicians, secure dates and locations for CarFit events, participate in and monitor CarFit events and communicate with the national organizations, AAA, AARP and AOTA. A volunteer must first be trained as a *Technician* before becoming an *Event Coordinator*. Again, there are two steps to the training:
 - Event Coordinators must attend a half-day training conducted by a CarFit Instructor
 - Go to www.car-fit.org to find an Event Coordinator Training in your area.

I am the AARP Driver Safety State Coordinator and want to have more than one person in the role as CarFit Coordinator, can I do that?

Yes, a state may have more than one person in the role. The CarFit Coordinator supports and promotes the program within the state and helps with CarFit training if they are themselves an

Event Coordinator (not required).

I am the AARP Driver Safety State Coordinator, how do I go about recruiting a new CarFit Coordinator for my state?

We encourage all State Coordinators to identify a volunteer with strong leadership skills and strategic thinking. It is a good idea to work closely with your AARP State Staff in identifying new volunteers for the role.

How Can Older Drivers Sign Up for a CarFit Checkup?

Individuals wishing to take part in a CarFit Checkup should go to www.car-fit.org and look at the calendar of upcoming events.

Where are CarFit events taking place?

- Events, led by trained volunteers, are being held throughout the country
- Individuals wishing to take part in a CarFit Checkup should visit www.car-fit.org and look at the calendar of upcoming events
- If there are no events listed near you, please continue to check the site periodically for new postings by our volunteers

What does the CarFit Checkup look like?

- Free to attend
- Open to drivers of all ages, but with a focus on individuals 50 and older
- AARP, AAA, or AOTA membership is not required
- Pre-reservation typically required
- Approximately 20 minutes to complete checkup
- At an event, a team of trained CarFit Technicians work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety
 - Review 12-point checklist that highlights key areas of the driver's fit to the personal vehicle
- Attendees typically leave with:
 - Goody bag which may contain the following materials:
 - Local Resource Guide
 - CarFit Brochure
 - OT Adaptive Device Sheet
 - BGE Mirror Settings/Enhanced Mirror Settings Sheet
 - Tire Information Sheet

For more information, please visit www.car-fit.org or email us at info@car-fit.org.