



## **THE CARFIT PROGRAM**

### **What is CarFit?**

CarFit is an educational program created by the American Society on Aging and developed in collaboration with AAA (American Automobile Association), AARP and the American Occupational Therapy Association.

### **What are the Objectives of the CarFit program?**

The program is designed to help mature 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 personal vehicle can greatly increase not only the driver's safety but also the safety of others.

### **In What Ways Can CarFit Improve Road Safety?**

Three quick examples underscore the importance to road safety of the CarFit program, which reviews twelve key areas of the driver's fit to the personal vehicle.

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 events in those cities and follow-up mailed surveys to participants, the program appears to be highly effective on multiple fronts. CarFit findings show that a significant percentage of participants had at least one problem area with their fit to the personal vehicle – problems that could jeopardize their safety in the personal vehicle. In addition, the vast majority of those responding to the mailed 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 the personal vehicle and/or their willingness to discuss their driving with family and/or health care providers.

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