



CARFiT 

Helping Mature Drivers Find Their Safest Fit

AOA American Occupational Therapy Association

AARP

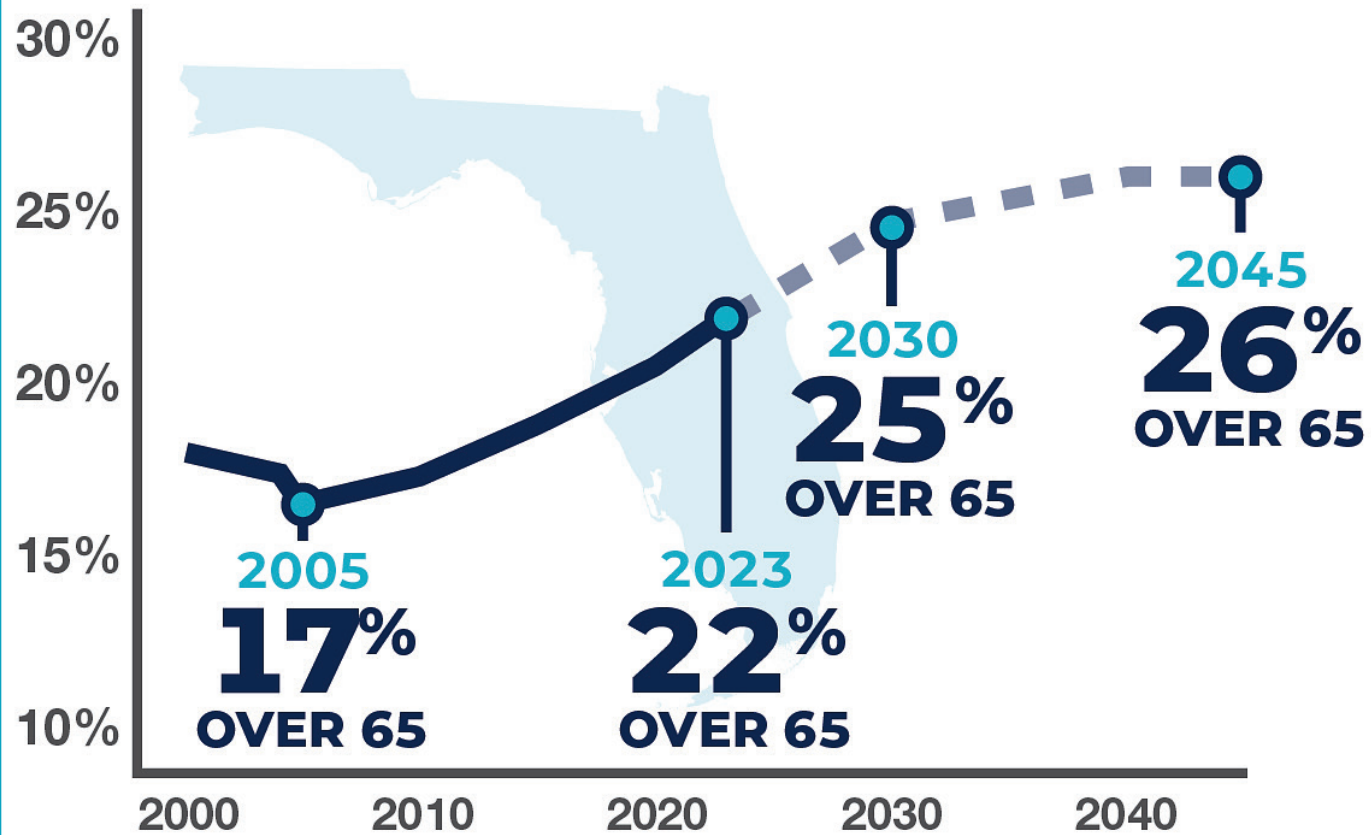
An Injury Prevention Resource for Older Drivers

Presenter:

Megan Case, Statewide CarFit Instructor
Safe Mobility for Life Coalition

Trends and Projections

Florida Population: 65 & Older



Sources: Bureau of Economic Business
Research at University of Florida.

The Facts About Older Drivers



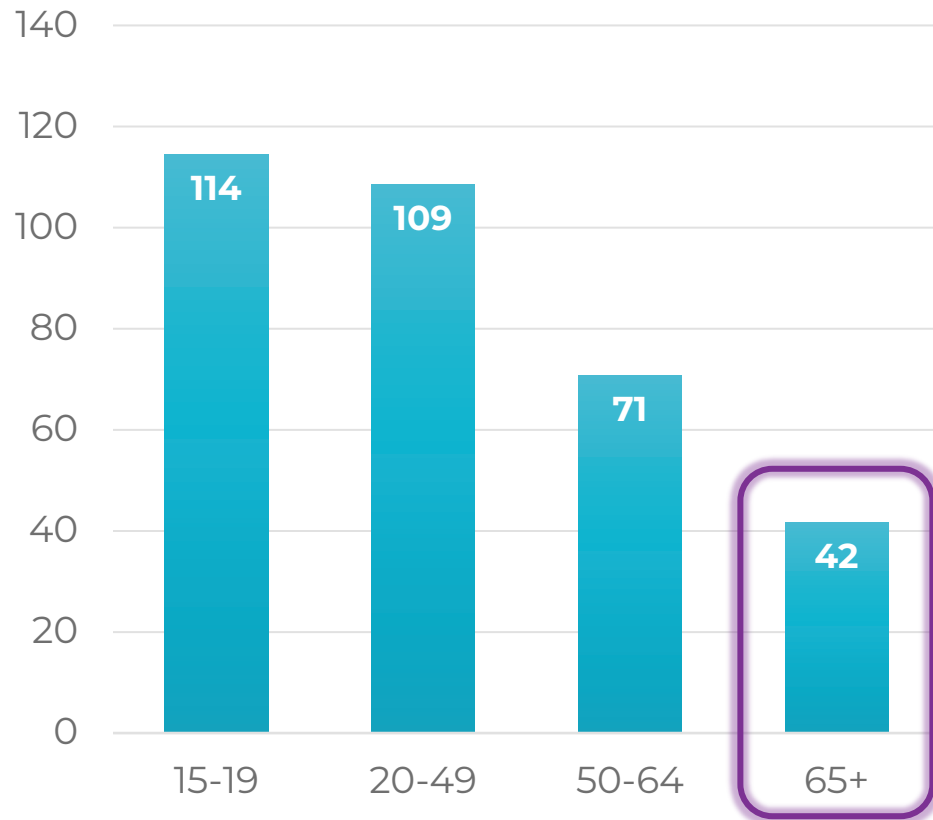
Older adults are safe drivers...

- > **Self-select** driving times when risk is lower
- > **Less likely** to engage in risky behavior
- > **More likely** to be injured or killed in a crash

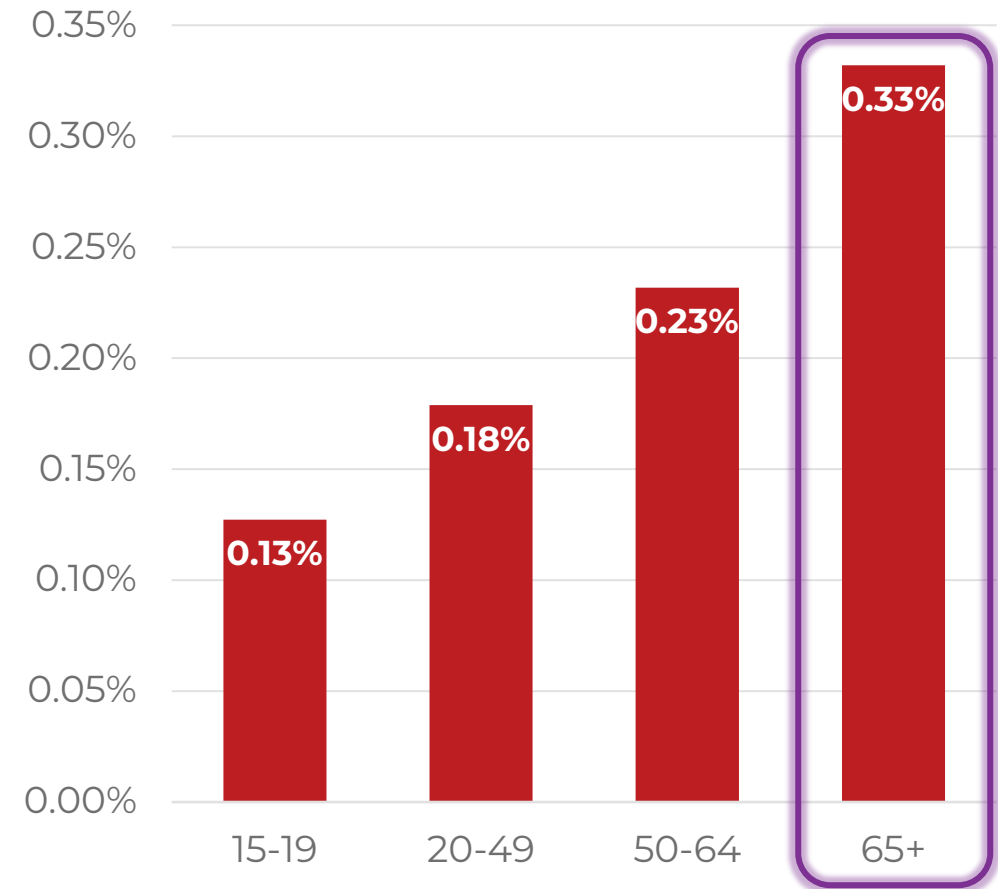


Aging Road Users: Fewer Crashes, More Deaths

Crash Involvement Rate per 1,000 People



Percent Fatal Encounters



Working Together Towards One Goal



To eliminate fatalities and serious injuries for Florida's aging road users while maintaining safe mobility and connection to the community.



CarFit



- > Find a good “fit” in personal vehicle
- > One-on-one with a trained Technician
- > FREE & Quick – 20-30 Minutes
- > Listing of local events on [Car-Fit.org](https://www.car-fit.org)



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CarFit Program Objectives



Safety Focus

Ensuring a proper fit in the vehicle can significantly reduce the risk of injury in a crash, particularly for older drivers who may be more vulnerable.



Awareness of Adjustments

Educates drivers on how to adjust their seats, mirrors, steering wheel, and other safety features to best suit their body size and limitations.



Mobility Promotion

By helping older drivers accommodate for age-related changes, CarFit can help them to continue driving safely for longer.



Community-Based Approach

CarFit is offered as a free community program, making it accessible to a wide range of older drivers.



Addressing Concerns

It can address concerns about driving ability and promote conversations about driver safety and community mobility.

CarFit Is:

- ✓ An opportunity to share safety information
- ✓ A tool to help older adults to be proactive safe drivers
- ✓ A free, fun educational event
- ✓ Confidential – information is not shared

CarFit Is NOT:

- ✗ An evaluation or test of driving ability
- ✗ Used to determine if a person should continue to drive
- ✗ A way to 'take away the keys'
- ✗ A mechanical inspection of your vehicle

CarFit Checkup Elements

- > Safety belt use & fit
- > Mirror position
- > Steering wheel tilt
- > Headrest height
- > Seat position
- > Line of sight
- > Position to gas & brake pedals
- > Vehicle controls

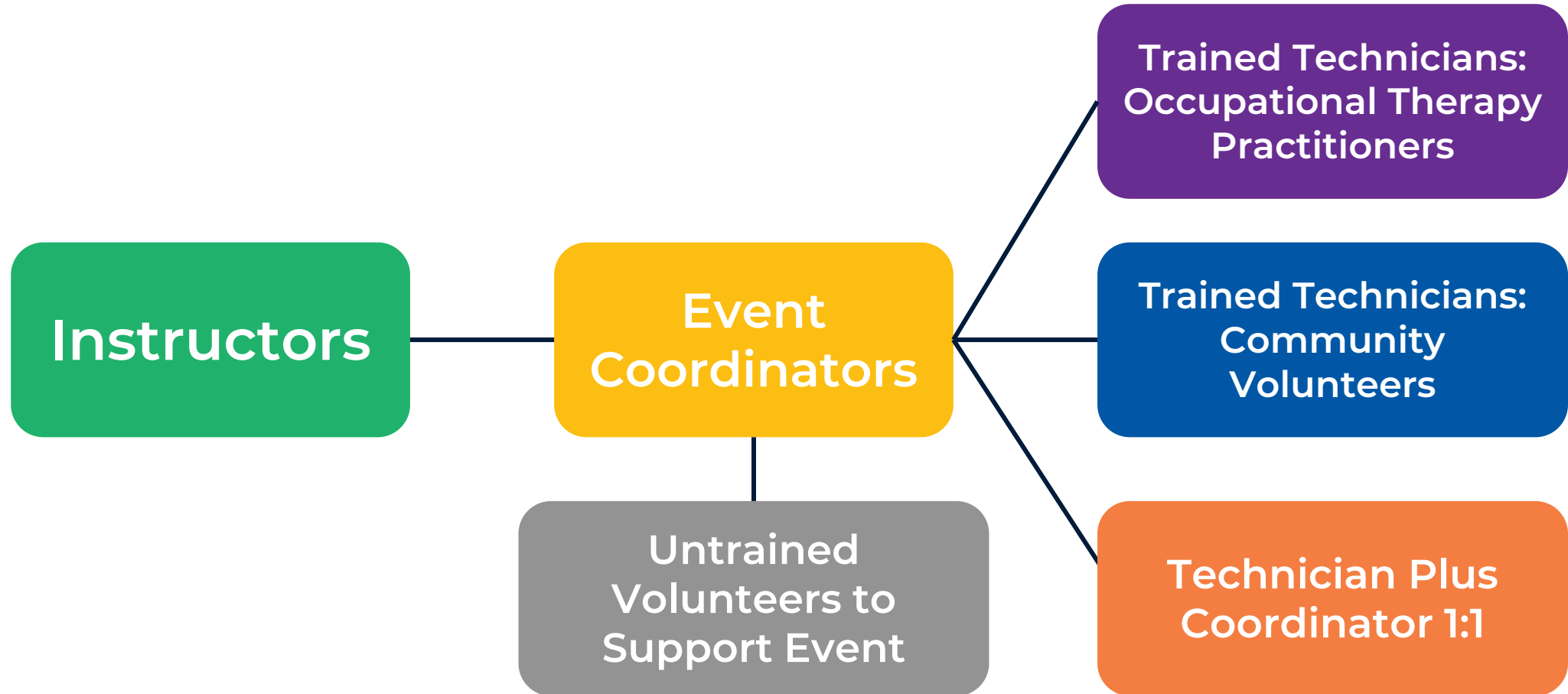


Highlights: The Occupational Therapy Role

- > Trained to understand challenges drivers may be concerned about related to body structure, medical diagnoses and/or aging
- > May select and demonstrate sample adaptive devices as indicated



Volunteer Roles



Summary



- > Personal mobility is essential for healthy aging
- > With age, the risk of injury/fatality in crashes increases
- > Ensuring proper person-vehicle fit enhances safety and comfort
- > Collaboration between Coalitions can drive progress towards common goal

How You Can Help!



Attend a CarFit **Training**



Recruit volunteers



Promote events in your area



Stay connected and **follow us**



Let us know how we can support you!



Questions?

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