

# **CarFit**

**Helping older drivers improve their  
"fit" in their cars**

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# Collaborative effort toward safety

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- **AARP**
- **AAA**
- **AOTA**
  - **American Occupational Therapy Association**

# What CarFit is NOT...

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- **Not a driving assessment**
- **No enforcement or penalties**
- **No cost**
- **No requirements**

# What CarFit IS...

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- **A program to help drivers become:**
  - **more safe**
  - **more comfortable**
  - **more able ...**
    - **to make adjustments in their own car**
    - **through education**
    - **with adaptive devices**

# What CarFit IS...

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- **15 – 30 minute checkout**
- **Trained volunteers**
- **Occupational therapists and OT students**
  - **Education and resources**

# Ergonomics

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- **12 point checklist**
  - **Seat position**
  - **Steering wheel tilt and distance**
  - **Blind spot correction with mirrors**
  - **Gas and brake pedal access**
  - **Seat belt fit and comfort**
  - **Safety feature review**

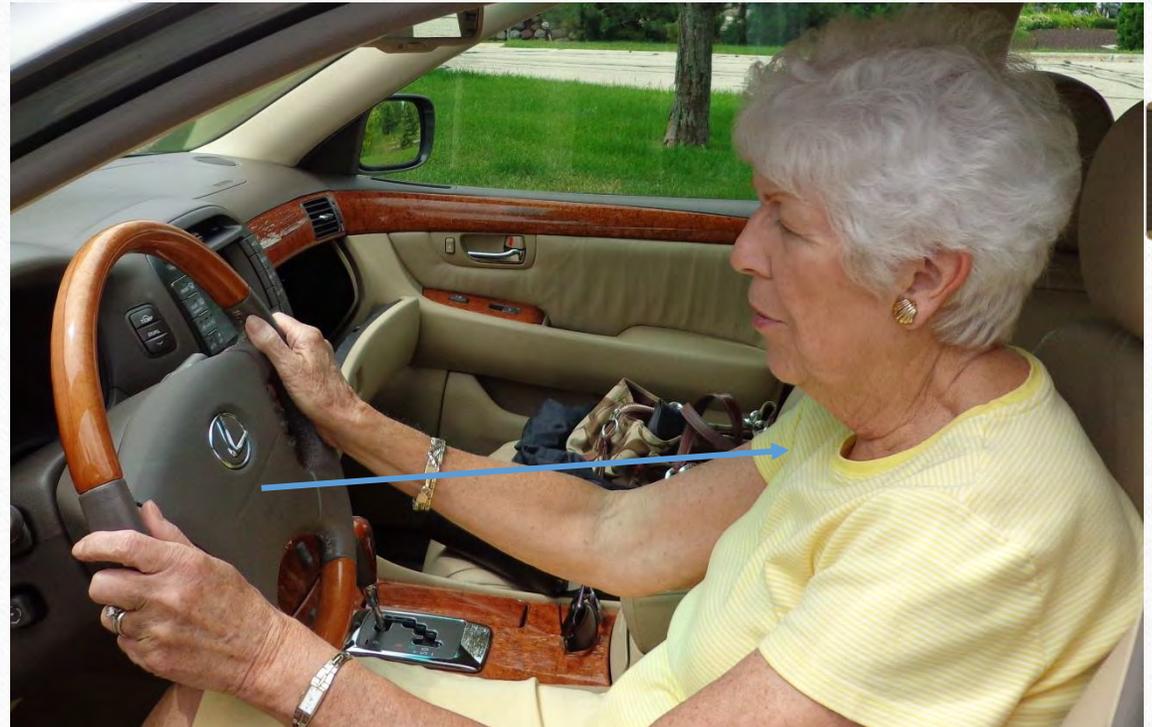
# Seat position

- **Line of sight over steering wheel**
- **Easy reach to steering wheel**
- **Safe pedal access**
  
- **Adaptive devices**
  - **Seat cushion**



# Steering wheel

- **Aim airbag at chest (not face)**
- **10 inches from body**



# Steering wheel

- **Comfortable reach**
- **Clear thighs**
- **3 inches below line of vision**
  
- **Adaptive device**
  - **Swivel knob**



# Mirrors

- **Side mirror**
  - **Adjust away from side of car**
- **Adaptive devices**
  - **Wide angle mirrors**



# Mirrors

- **Rear view –**
  - **Frame entire rear window**
- **Adaptive device**
  - **panoramic mirror**



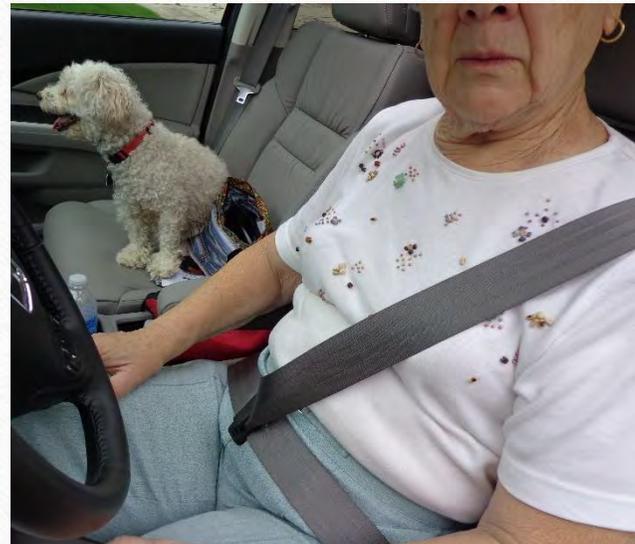
# Access to pedals

- **Gas**
- **Brake**
- **Parking brake**
  
- **Adaptive device**
  - **Pedal extenders**



# Seat belt

- **Shoulder strap**
  - Adjust on side of car
- **Adaptive devices**
  - Cushions for neck
  - Clips to lap belt
  - Extenders can be purchased



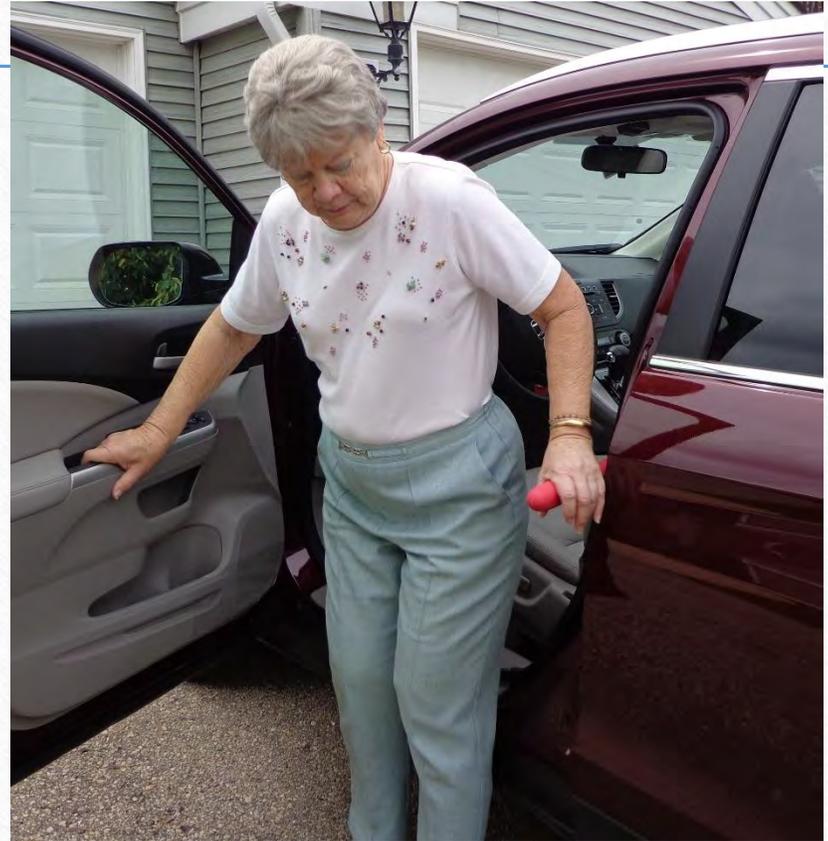
# Safety features

- **Parking brake**
- **Hazard lights**
- **Other lights**



# Car walk around...

- **Safe ingress and egress**
  - Handibar
- **Discuss dings and dents**
  - Open the conversation....



# [www.Car-Fit.org](http://www.Car-Fit.org)

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- **Search for CarFit events**
- **Contact trained volunteers and OTs**
- **To schedule an event**
  - **Contact AARP or an Occupational Therapy Program**

# Other resources

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- [www.AOTA.org](http://www.AOTA.org)
  - Links under productive aging
- [www.seniordriving.aaa.com](http://www.seniordriving.aaa.com)
  - Links under assistive accessories
- [www.aarp.org](http://www.aarp.org)
  - Links under senior driving and CarFit
- [www.thehartford.com](http://www.thehartford.com)
  - Links under expertise on aging
- [dlolson@madisoncollege.edu](mailto:dlolson@madisoncollege.edu)