

September 14, 2019

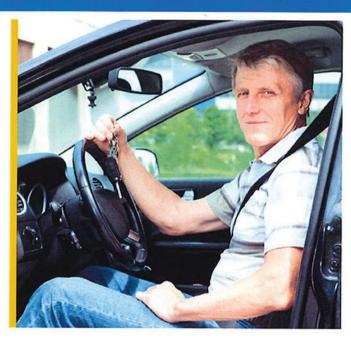
8am-12pm at

Covington City Hall, 333 West Locust Street



Call Erin Roberts at 540-839-7051 or email her at erin.roberts@bcchospital.org to reserve your spot! Space is limited.

FREE CARFIT ASSESSMENT AND CHILD CAR SEATS



What Exactly Is CarFit?

CarFit is an educational program that provides a quick, yet comprehensive review of how well you



and your vehicle work together. The program, which was developed by AAA, AARP and the American Occupational Therapy Association, also provides information and materials on community-specific resources that could enhance your driving safety and increase mobility.



A program managed by the National Safety Council



Let us help you install your car seats correctly.

CarFit Fact Sheet

CarFit is an educational program created by AAA, AARP, and the American Occupational Therapy Association (AOTA).

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 involved in their communities; and link adults with relevant, local resources that can help ensure they drive safely longer.

CarFit uses a trained team, including occupational therapy practitioners, to assist older drivers with items such as:



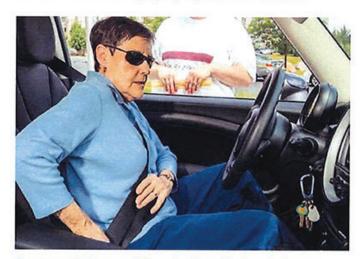
A clear line-of-sight over the steering wheel



Proper positioning on gas and brake pedals



Adequate space between the front air bag/steering wheel and the driver's breastbone; properly adjusted head restraints



Proper seat belt use and fit, and safe positioning of mirrors to minimize blind spots

According to CarFit participant data, the top four "fit" challenges for older drivers included improper distance from steering wheel (59 percent); adequate and safe views from side mirrors (32 percent); improper seat height (28 percent) and improper head restraint height (21 percent). The good news is that after a run through the CarFit twelve-point program, 97 percent of participants' issues were resolved.

Since CarFit launched nationally, more than 31,000 older drivers have gone through the program. The 20-minute check-up not only provides an opportunity to open a positive, non-threatening conversation about driver to vehicle fit, but it also provides specific community resources to help older drivers stay healthy and continue to drive for as long as safely possible.