



**BATH  
COMMUNITY  
HOSPITAL**

**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](mailto: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.



**NATIONAL  
CHILD PASSENGER  
SAFETY BOARD**

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



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



Proper positioning on gas and brake pedals



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.