



# CarFit:

## A Driver Safety Program for Older Adults

Driving helps older adults stay mobile and independent, but the risk of being injured or killed in a traffic crash increases as we age. Declines in vision and cognitive function (ability to reason and remember), as well as physical changes, might affect driving abilities.

### What is CarFit?

CarFit is an educational program to improve driver safety developed by the American Automobile Association (AAA), AARP, and the American Occupational Therapy Association (AOTA) that offers older adults the opportunity to check how well their personal vehicles “fit” them.

### 12 Objectives of CarFit

- Seat Belt Positioning
- Steering Wheel Tilt
- Distance Between Chest and Airbag
- Line of Sight Above Steering Wheel
- Head Restraint
- Mirror Positioning, Neck Mobility and Blind Spot
- How Mirrors Work Together
- Operation of Vehicle Controls
- Operation of Vehicle Technologies and Warnings
- Awareness of Dents, Scratches, Tire Tread and Pressure
- Safe Entrance and Exit of the Vehicle
- Positioning to Gas and Brake Pedals

### How can I become involved in CarFit?

**Become a CarFit Technician.** Technicians are trained to complete the 12-point CarFit Checklist with participants during an event to help drivers learn how they can adjust their vehicle for a safe “fit.”

**Become an Event Coordinator.** Event Coordinators are not only trained to complete a CarFit Check, but they also host and manage CarFit Events. They are responsible for training volunteers to become Technicians.

For more information:  
**405.426.8440 • [injury@health.ok.gov](mailto:injury@health.ok.gov)**



**OKLAHOMA**  
State Department  
of Health