

CarFit

Helping Mature Drivers Find Their Perfect Fit



HOW DOES YOUR CAR FIT?

OCTOBER 15 - 19 IS SENIOR SAFE MOBILITY WEEK

WHAT: A SAFETY PROGRAM THAT CHECKS HOW WELL YOU AND YOUR CAR “FIT” TOGETHER

Trained professionals will lead you through a 20-minute, 12-point checklist and recommend adjustments and adaptations that may make your vehicle “fit” better and enhance your safety. Among the items checked: Are you positioned correctly in the driver’s seat? Can you reach the pedals easily? Do you know how to adjust mirrors properly or have the flexibility to use the mirrors? Information on local resources will be provided. An occupational therapist will also be on site to provide information on adapting your vehicle to your driving profile. The names of participants in this CarFit program will not be shared with anyone.

WHY: To keep adults driving safely for as long as possible.

WHO: Licensed drivers age 50 and older who own a registered vehicle. Please call to reserve a spot (916) 486-1876

WHEN: Thursday October 25, 2007 from 9:00 am - 12:00 pm, by appointment

WHERE: Safety Center Incorporated, Sacramento, CA

CARFIT IS CO-SPONSORED BY AREA 4 AGENCY ON AGING, DEPARTMENT OF MOTOR VEHICLES, OLDER CALIFORNIAN TRAFFIC SAFETY TASK FORCE, PARATRANSIT, INC., SAFETY CENTER INCORPORATED and UC DAVIS HEALTH SYSTEM

CARFIT IS ENDORSED BY SACRAMENTO COUNTY ADULT AND AGING COMMISSION



Appointed by the Sacramento County Board of Supervisors

Serving Nevada, Placer, Sacramento, Sierra, Sutter, Yolo & Yuba Counties

CarFit is an educational program created by the American Society on Aging and developed in collaboration with AAA (American Automobile Association), AARP, and the American Occupational Therapy Association.