

CARFit

Helping Mature Drivers Find Their Safest Fit

AOTA® The American Occupational Therapy Association, Inc.



DRIVER SAFETY 
AARP Real Possibilities

Wednesday, May 1 10:00am-2:00pm

What is CarFit?

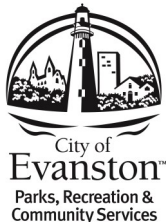
CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them.

The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.

Why is CarFit important?

Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies.

Driver safety programs improve adult driver safety by addressing cognitive abilities and skills, however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.



**City of Evanston – James Park Parking Lot
300 Dodge Avenue (Enter on Mulford Ave)
Evanston, IL**

Bring your vehicle. All seniors 55+ are welcome to attend.