



## What is CarFit?

CarFit is a community-based educational program that promotes continued safe driving and mobility among older drivers by focusing attention on safety, comfort and fit. CarFit was created in 2006 in collaboration with AAA (American Automobile Association), AARP and the American Occupational Therapy Association (AOTA).

## What are the Objectives of the CarFit program?

The program is designed to help older drivers find out how well they currently fit their personal vehicle, to highlight actions they can take to improve their fit, and to promote conversations about driver safety and community mobility. A proper fit in one's personal vehicle can greatly increase not only the driver's safety but also the safety of others.

## 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. (Source: [NHTSA](#))

Older drivers can 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.

## How is a CarFit check completed?

At a CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 - 30 minutes to complete.

## Want to attend a CarFit event?

**When:** Tuesday, May 16, 2023, from 9:00am – 12:00pm, appointments every 30 minutes

**Where:** Chesapeake Conference Center – 700 Conference Center Dr, Chesapeake, VA 23320  
Enter on Sara Drive and look for the CarFit signs and workers in yellow vests.

**Register:** Registration is required by emailing Master Police Officer [severette@cityofchesapeake.net](mailto:severette@cityofchesapeake.net). Please include your name, phone number, and if you have a preferred time (not guaranteed). You will receive a confirmation email with your time slot.

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