

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.



Recognizing the Need

The number of older drivers is increasing. The U.S. Census Bureau has determined that by 2030, there will be an estimated 58.9 million people age 65 and older—that's 1 in 5 people and, in some communities translates to 1 in 4 drivers.

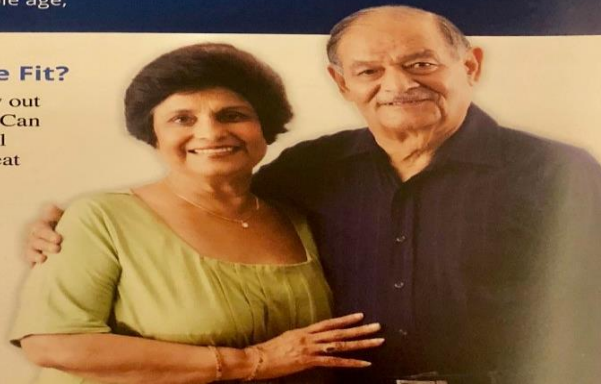
Driving today is more difficult than ever, because of increased traffic congestion, longer commute distances, new technology and faster speeds. Research suggests that older drivers are among the safest drivers, because they are more likely to wear seat belts and less likely to speed or drink and drive. However, as people age,

they're more likely to suffer serious injuries or risk death in crashes, due to greater fragility.

Personal mobility is critical for healthy aging, but ill-fitting vehicles can make it uncomfortable and unsafe to drive. Today's vehicles have many safety features that offer enhanced restraint and protection, yet many drivers are unaware of those features or how to best use them. CarFit helps you explore vehicle adjustment and develop strategies to achieve your safest fit.

Does Your Vehicle Fit?

Do you have a clear view out your vehicle's windows? Can you reach and manage all controls and adjust the seat and seat belt so they are secure yet comfortable? Making adjustments can help you benefit from vehicle safety features by improving comfort, control and confidence behind the wheel.



2 | CarFit

JUNE 12TH, 2018

CARFIT

Brought to you by: 55 Kip Center and the Rutherford Police Department

Not a Senior Adult?

CarFit is a community based program that offers an educational program for older adults. Think of your parents, your grandparents and neighbors driving. Help keep our community safe by telling those you feel could benefit from this FREE program. Registration: Cathy 201-460-1600
Questions or literature: Sgt. Julie Ann Zeigler 201-460-3054



CarFit

**Tell the Senior Adults
in Your Life.**

**Helping Mature
Drivers Find Their
Safest Fit.**

**Help Senior Adults
Drive with
Confidence.**

**Find Comfort and
Control Behind the
Wheel.**

**REGISTER NOW!
CALL CATHY**

201-460-1600

**To participate you do not
need to be a member of
55 Kip Center**

Where: Memorial Field

June 12th, 2018

10 Am to 12 PM