

PRAIRIE FAMILY CENTER IS OFFERING A FREE GIFT FOR YOU, FOR DOING A CAR-FIT WITH US!!
JUST CONTACT US TO SETUP AN APPOINTMENT @ 719-346-5398



Helping Mature Drivers Find Their Safest Fit



What is Car-Fit for the older driver?

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

How is a Car Fit check completed?

At a Car-Fit 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 Car-Fit check takes approximately 20 minutes to complete.

What is Car-Fit?

Car-Fit 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.

What are the Objectives of the Car-Fit 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.

THIS IS NOT ONLY FUN BUT INFORMATIVE FOR YOU! COME ON JOIN US!! **FOR INFORMATION CALL 719-346-5398**