

CarFit/WNTT FAQ

GENERAL QUESTIONS

- **What is CarFit?**

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.

- **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.

- **In What Ways Can CarFit Improve Road Safety?**

Three quick examples underscore the importance of road safety to the CarFit program, which reviews twelve key areas of the driver's fit to the personal vehicle.

1. **Example one:** Knowing how to properly adjust one's mirrors can greatly minimize blind spots for drivers who may wish to change lanes.
2. **Example two:** Good foot positioning on the gas and brake pedals is important. If the driver is reaching with his or her toes to press on the pedals, it can cause fatigue in one's leg and slowed reaction times.
3. **Example three:** Drivers run a risk of serious injury if they are sitting closer than 10 inches to the steering wheel.

- **Is CarFit effective?**

CarFit was pilot tested in 10 cities in the spring of 2005 with more than 300 older driver participants. Based on findings from the CarFit checklists completed at the events and follow-up surveys of participants, the program appears to be highly effective on multiple fronts. Some of the results show:

...over one-third (37%) had at least one critical safety issue needing addressed.

...one in ten (10%) were seated too close to the steering wheel.

...approximately 20% did not have a line of sight at least 3" over the steering wheel.

In addition, the vast majority of those responding to the survey indicated that as a result of having gone through the CarFit event, they made a change to improve the fit of their vehicle, their use of safety features in their vehicle and/or their willingness to discuss their driving with family and/or health care providers.

- Where can I find more information about CarFit?

Look at the CarFit website at www.car-fit.org

- **How can I become involved in CarFit?**

CarFit is a program whose success depends on volunteers across the country. There are two ways one can become involved in CarFit:

By becoming a CarFit **Technician**, you will be able to participate in CarFit events hosted by a CarFit Event Coordinator. A half-day training teaches you the three parts of each CarFit event: Check-in, Check-up and Check-out.

- Go to www.car-fit.org to find a Technician Training in your area, or to volunteer for an event.

By becoming an **Event Coordinator**, you will be trained to host CarFit events following proper programmatic procedures. Event Coordinators train CarFit technicians, secure dates and locations for CarFit events, participate in and monitor CarFit events and communicate with the national organizations, AAA, AARP and AOTA.

Event Coordinators must attend a two-day training conducted by a CarFit Instructor.

- Go to www.car-fit.org to find an Event Coordinator Training in your area.

- **How Can Older Drivers Sign Up for a CarFit Checkup?**

Individuals wishing to take part in a CarFit Checkup should go to www.car-fit.org and look at the calendar of upcoming events.

- **How Can I Get a CarFit Brochure?**

You may download a PDF document of the latest CarFit brochure go to www.car-fit.org.

QUESTION BY DSP VOLUNTEERS

- **How Can I find out more information about CarFit?**

Go to www.car-fit.org.

- **I am the DSP State Coordinator and want to have more than one person be in the role as CarFit/WNTT State Coordinator, can I do that?**

Yes a state can have more than one person in the role. A DSP SC might decide to make these two positions one for CarFit and one for WNTT, rather than both (but the volunteer's title will appear in VMIS as one position). This position is a programmatic and administrative role and has no requirement that a person be a CarFit instructor, event coordinator, or technician or a WNTT facilitator. The DSP SC might consider recruiting an Occupational Therapist (OT) interested in driver safety for this role. The CarFit/WNTT State Coordinator title is now in VMIS

- **I am the DSP State Coordinator, how do I go about recruiting a new CarFit/WNTT State Coordinator?**

We encourage DSP leadership not to just turn to an existing DSP volunteers to fill this role, but work with their AARP State Staff in identifying new volunteers for the role. State Coordinators have an important overall leadership and coordinating role in their state and should not add these CarFit/WNTT responsibilities to their current role.

- **I am a new CarFit/WNTT State Coordinator what can I do to get started?**

First: find out what maybe already underway in your state contact and begin to come up with a plan. Some first steps are:

For CarFit:

- Contact local AAA and see if they have any plans
- Contact state AOTA organization
- Local universities that train OT
- Names on CarFit website
- If no luck with these contact Stan Rothman or Frank Carroll

For WNTT:

- Order the following from AARP fulfillment
 - D18791 WE NEED TO TALK – PROMOTIONAL BROCHURE
 - D18792 WE NEED TO TALK – FACILITATOR GUIDE
 - D18863 WNTT STATE/HOST GUIDE
- Review the materials
- Look for announcements of WNTT online training
- Contact Stan Rothman or Frank Carroll

- **Where can I get We Need to Talk (WNTT) materials?**

The WNTT Brochures are ordered online from The Hartford at:

<http://www.thehartford.com/talkwitholderdrivers/brochure/brochure.htm>

Order the following from AARP fulfillment

D18791 WE NEED TO TALK – PROMOTIONAL BROCHURE

D18792 WE NEED TO TALK – FACILIATOR GUIDE

D18863 WNTT STATE/HOST GUIDE

- **How Can I Get trained in CarFit or WNTT?**

For CarFit look for upcoming events at www.car-fit.org

For WNTT look for announcements of online training.

- **How do I get reimbursed for CarFit/WNTT expenses?**

Have your plans and estimated expenses pre-approved by Stan Rothman or Frank Carroll.

Use the CarFit/WNTT expense form found on VolunteerNet.

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