

CarFit Delivery Methods

AAA, AARP, and The American Occupational Therapy Association (AOTA) want to see the CarFit program grow and reach more people nationwide. We recognize that CarFit has a few delivery methods currently in use.

CarFit Event: This is the typical and most effective method to deliver the CarFit program content. An event is held at a sponsor location and an Event Coordinator oversees the event. The event consists of three main parts: Check-In, Check-Up and Check-Out. Check-Ups are conducted by trained technicians using the standard CarFit checklist. A typical CarFit event attracts about 15+ participants and may last 3-4 hours. Participants are encouraged to make appointments although some events have adequate staff to accept drivers that just show up at the event. The event should have an occupational therapist present at the Check-Out station to review red flag issues and to answer any further questions from the participants. Each driver receives a “goody bag” of educational materials and local resources. Events can be conducted as either a stand alone event or in conjunction with other activities offered via senior centers, senior living and community centers, a senior fair, health care community events, AAA and AARP office sponsored events etc.

One-on-one/Appointment-only CarFit checkout: This is a method of delivering the CarFit content to individuals on an appointment basis, rather than the CarFit Event involving the three stations and a team of volunteers representing a range of programs and services. This delivery method is available for those who cannot conduct a traditional CarFit event or may want to offer a CarFit check-up between the typical events. An appointment is scheduled with a trained CarFit Technician/Event Coordinator/Instructor who will review the 12 point checklist in a one-on-one setting. The Technician/Event Coordinator/Instructor uses the CarFit checklist, just as they would in an event setting. If the Technician/Event Coordinator/Instructor is not an occupational therapist they need to have a means for the person to bring red flag concerns or questions to the attention of an occupational therapist or driving rehabilitation specialist. At the end of this session, the participant should receive a “goody bag” of educational materials and resources.

CarFit checkouts in conjunction with a driver safety course: This method is delivered by a course instructor, who is also trained as a CarFit Technician, after a driver safety course. This method also uses the CarFit checklist to assess the “fit” between the driver and their vehicle. It is possible that several Technicians may arrive at the end of the course and check participants out in their vehicles using the checklist. If a Technician/Event Coordinator/Instructor is not an occupational therapist they need to have a means for the person to bring red flag concerns or questions to the attention of an occupational therapist or driving rehabilitation specialist. At the end of this session, the participant should receive a “goody bag” of educational materials and resources.

Paperwork: In all cases, participant paperwork and CarFit checklists should be submitted at least monthly. For accurate record keeping, please indicate the alternative event type in the space for participant number on the CarFit Checklist (see example below). Always attach the participant data form to the second (yellow) copy of the Checklist and mail in per instructions on the website.

DATE	PARTICIPANT # 1:1 CarFit	VEHICLE MAKE, MODEL+YEAR
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DATE	PARTICIPANT # DSP CarFit	VEHICLE MAKE, MODEL+YEAR
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8/28/09