
2007-2010 CarFit Evaluation



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CarFit Overview & Objective

CarFit is a national program created by the American Society of Aging and developed in collaboration between AAA, AARP, and the American Occupational Therapy Association to provide older adults the opportunity to assess how well they “fit” in their vehicle. Participants are evaluated by trained volunteers using a 12-point checklist containing verbal and observational questions. Based on the findings of the checklist, technicians may recommend modifications that drivers may make to enhance their fit in the vehicle. Often, occupational therapists are on-site to assist participants with desired modifications. The program is strictly voluntary, and thus, any recommendations are wholly optional for participants.

CarFit’s stated objective is “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.”

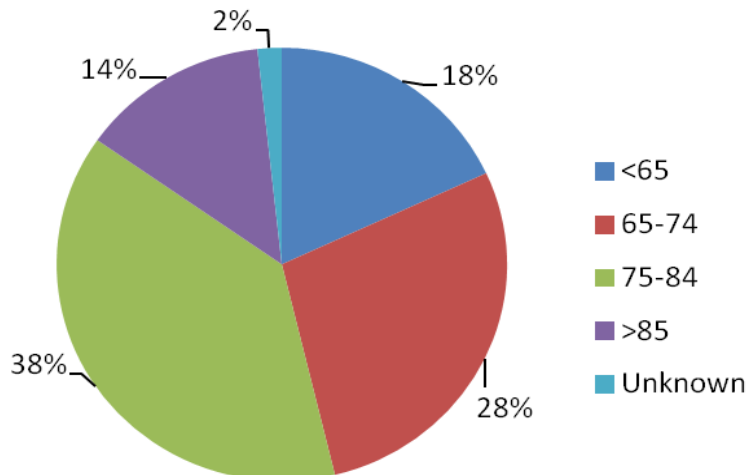
Methodology & Main Checklist Items

This analysis utilized data obtained from on-site questionnaires completed by trained CarFit technicians for CarFit trainings conducted between January 1, 2007 and November 9, 2010. Only records that included both participant demographic information and a completed CarFit exam checklist were included in this analysis. Data represent a convenience sample, not randomly selected.

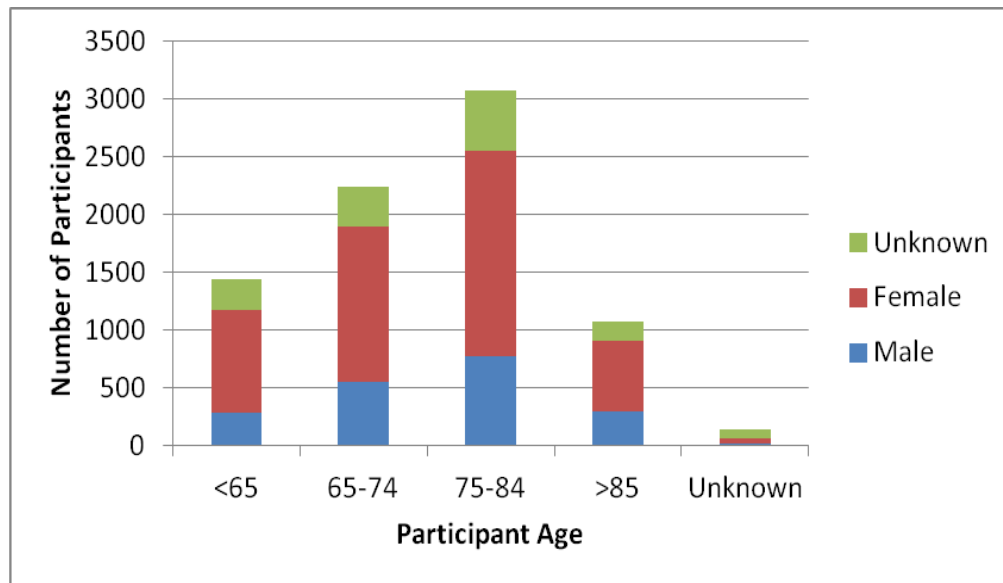
A total of 354 CarFit events were hosted in 343 locations between January 1, 2007 and November 9, 2010.

Year	# of Events	Participants
2007	70	1,409
2008	110	2,762
2009	135	3,311
2010	39	490
Total	354	7,972

The figure below shows the **participant distribution by age group**. Two-thirds of CarFit participants were between the ages of 65 and 84.



Below is the **participant distribution by age and sex**. Females represented 58.3% of CarFit participants, males accounted for 24.3%, and the remaining 17.4% of participants were of unknown sex.



Other notable participant characteristics:

- In examining the **average number of days driven per week by sex**, CarFit participants overwhelmingly stated that they drive all seven days of the week (51.2%). Over one-tenth (11.8%) stated they drive five days per week. A larger proportion of men (58.7%) than women (47.4%) report driving seven days per week.
- Over one third of participants (34.5%) had **taken a driving course** prior to participating in the CarFit event.
 - 658 (34%) male participants and 1,719 (37%) female participants reported they had taken a driving course.

Checklist Items:

The CarFit checklist contains 12 items for technicians to review on-site with participants. Those 12 items encompass the following key areas:

- Safety belt use
- Steering wheel tilt and positioning
- Head restraint position and adjustment
- Distance between driver and steering wheel
- Line of sight over steering wheel
- Positioning to gas and brake pedals
- Mirror adjustments and range of sight
- Operation of vehicle controls

The checklist is a series of questions that identify participants’ ability to perform simple, common tasks related to driving and knowledge of the vehicle. The items are “yes/no” responses, with about half of the items on the checklist able to be “flagged” by CarFit technicians. A flag

indicates an item that was not able to be resolved by the technician that needs to be brought to the attention of an on-site occupational therapist or driver rehabilitation specialist at the CarFit event. All results are recorded on the checklist for subsequent review and discussion with the driver.

Key Findings

- **92%** of drivers were **wearing a safety belt**.
- **Common Challenges:** Among all drivers, the top 4 tasks that the largest portion of drivers **could not perform** included:

1. Can the driver obtain greater than 10 inches distance between chest and steering wheel via seat adjustment	59%
2. After mirror adjustments, can driver obtain appropriate views in the side mirrors	32%
3. After seat height adjustment, driver has obtained line of sight of at least 3 inches over the top of the steering wheel	28%
4. Is head restraint device properly adjusted for optimum safety	21%

- Most (**96.5%**) participants were able to resolve their challenges and did not get flagged for followup for any item on the checklist.