

CarFit®

Helping Mature Drivers Find Their Perfect Fit



Program Overview

CarFit is an educational program created by the American Society on Aging, and developed in collaboration with AARP, AAA, and the American Occupational Therapy Association. The goals of the community-based program are three-fold:

- Help older drivers improve the “fit” of their vehicles for safety and comfort.
- Promote conversations among older adults and families about driving safety and the continued need for mobility options to keep people participating in the life of their communities.
- Link adults with relevant, local resources that can help ensure they drive safely longer.

CarFit uses a team of trained technicians and event coordinators to assist senior drivers to ensure each has:

- a clear line of sight over the steering wheel;
- adequate space between the front airbag/steering wheel and the driver’s breastbone; properly adjusted head restraints;
- proper positioning on gas and brake pedals;
- proper safety belt use and fit, and safe positioning of mirrors to minimize blind spots.

The 30-minute intervention not only provides an opportunity to open a positive, non-threatening conversation about driver safety, but it also provides specific community resources to help older drivers stay healthy and continue to drive for as long as safely possible.

Local host organizations are asked to recruit volunteers for training & the help at the event; to market the event in your local area & to help secure a parking lot for the event itself.



For more information, please contact Kim Jones,
Carfit Event Coordinator, Department of Highway Safety & Motor Vehicles 850-617-2978 or
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