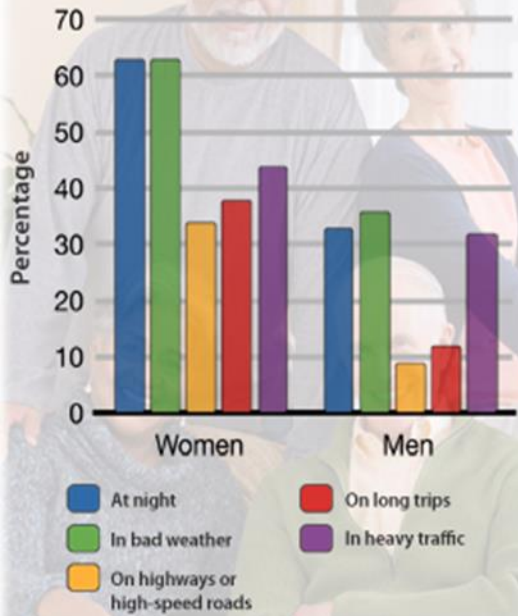


Older Adult Drivers Who Tend to Avoid Driving under Specific Conditions by Gender



N=406 drivers, age 65+

In 2009, there were 33 million licensed drivers ages 65 and older in the United States. Driving helps older adults stay mobile and independent. But the risk of being injured or killed in a motor vehicle crash increases as you age. An average of 500 older adults are injured every day in crashes.

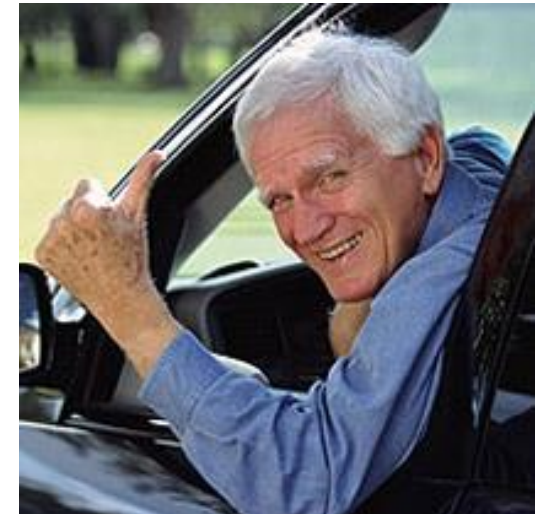
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Helping Mature Drivers Find Their Safest Fit



CarFit is a national program developed by AAA, AARP, and the American Occupational Therapy Association and is designed to give a quick, yet comprehensive check on how well an older driver and their vehicle work together.



How Can CarFit Help?

The goal of CarFit are three-fold:

1. Help older drivers improve the “fit” of their vehicle for safety and comfort;
2. Promote conversations among older adults and families about driving safety and the continued need for mobility options for independence; and
3. link adults with relevant, local resources that can help ensure they drive safely longer.

With one-on-one attention, CarFit Technicians can quickly identify an older drivers fit behind the wheel and explain necessary adjustments.

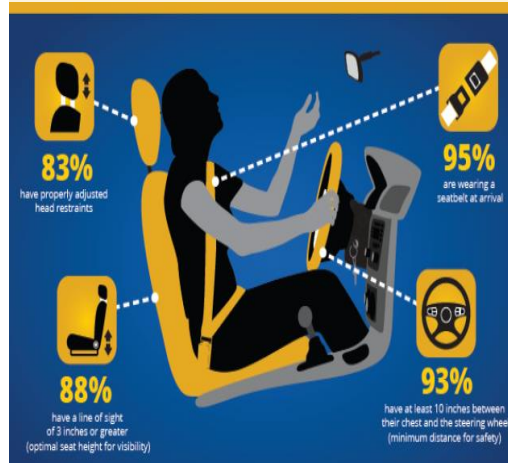
A proper fit in one’s car can greatly increase not only the driver’s safety, but also the safety of others.

CarFit Helps

Senior drivers, do you have...

- Trouble seeing over the steering wheel?
- Reaching the gas and break pedals?
- Checking blind spots?
- Problems with flexibility, strength or changes in vision that make you less comfortable behind the wheel?
- Concerns for your safety or others safety while on the road?

You are not alone!



Staying Safe

- Driving during daylight and in good weather.
- Finding the safest route with well-lit streets, intersections with left turn arrows, and easy parking.
- Planning your route before you drive.
- Leaving a large following distance behind the car in front of you.
- Avoiding distractions in your car, such as listening to a loud radio, talking on your cell phone, texting, and eating.
- Considering potential alternatives to driving, such as riding with a friend or using public transit, that you can use to get around.
- Exercising regularly to increase strength and flexibility.
- Asking your doctor or pharmacist to review medicines—both prescription and over-the-counter—to reduce side effects and interactions.
- Having eyes checked by an eye doctor at least once a year. Wear glasses and corrective lenses as required.

Attend a CarFit Event!