

The Aging Driver: What's on the road ahead for senior drivers (part 1)?

CarFit Program and Smart Features

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UNIVERSITY OF MINNESOTA

Driven to DiscoverSM

- **Community program that promotes senior driver safety and self-efficacy by:**
 - **Helping drivers fit cars to themselves**
 - **Informing drivers of simple adapted driving devices and local driving resources**
 - **Beginning the conversation about driving**
- **Led by AOTA, AAA, AARP**

CARFiT

Helping Mature Drivers Find Their Safest Fit

AOTA The American Occupational Therapy Association, Inc.



AARP
DRIVER SAFETY 



CarFit is

- *An opportunity to convey safety information*
- *An fun educational event*

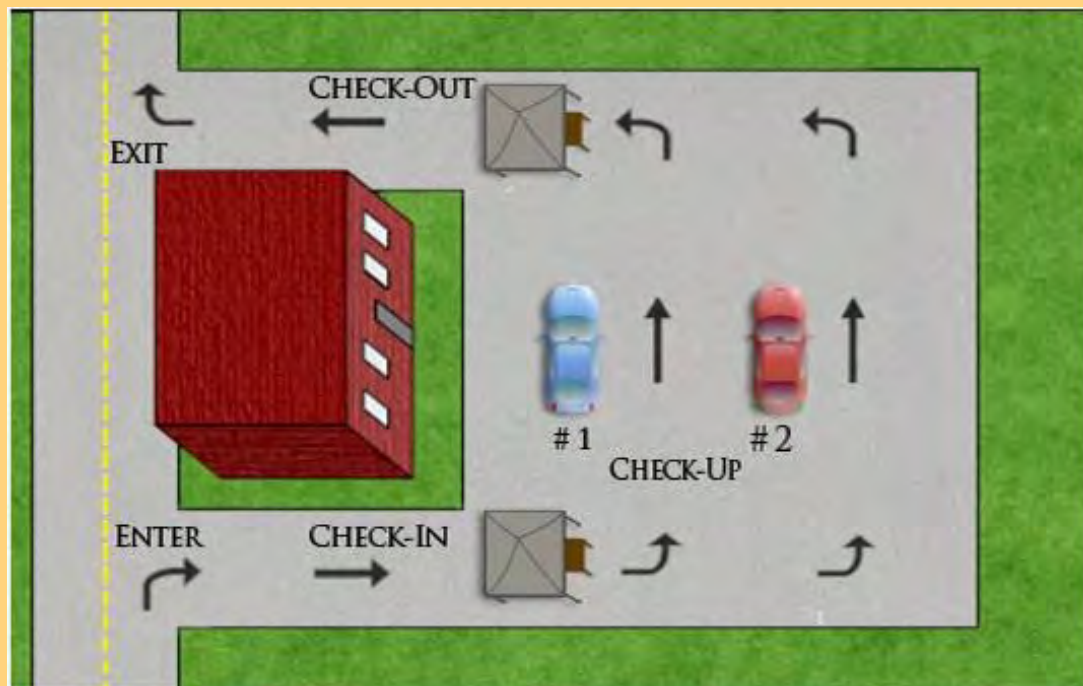


CarFit is NOT

- An evaluation of driving ability.
- Used to determine if a person should continue to drive. CarFit helps seniors drive safer longer, it does not ‘take the keys’



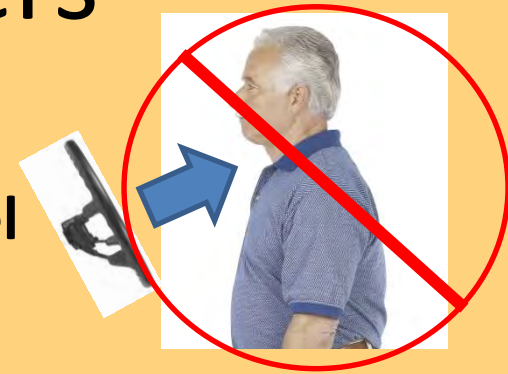
How is a *CarFit* Event Performed?



- **A drive through program: parking lots at senior community centers, churches; indoor at firehouses, storage garages**
- **Drivers have appointments of 20-30 minutes; drop in as available**

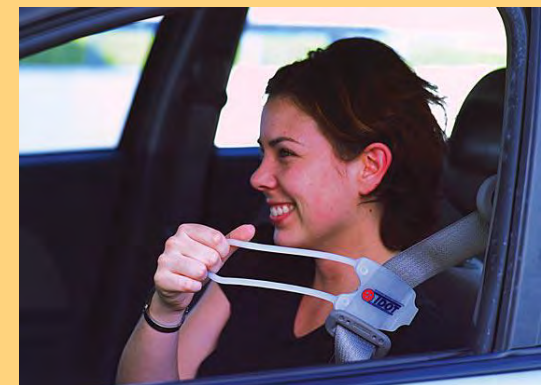
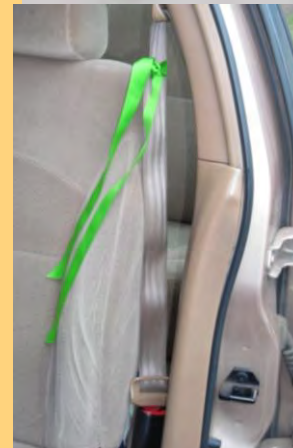
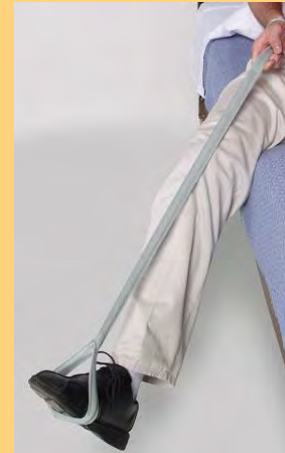
CarFit Checklist Covers

- **Seat Belt position and use**
- **Steering Wheel Tilt and Head Restraint Level and Distance from Head**
- **Distance for Air Bag Deployment**
- **Line-of-sight Over Steering Wheel**
- **Ease of Reaching Gas/Brake Pedals**
- **Mirror Angles – To Reduce Blind Spot/Glare**
- **Operation of Ignition Key, Wipers, Signals, etc.**
- **Need for Adaptive Equipment →**

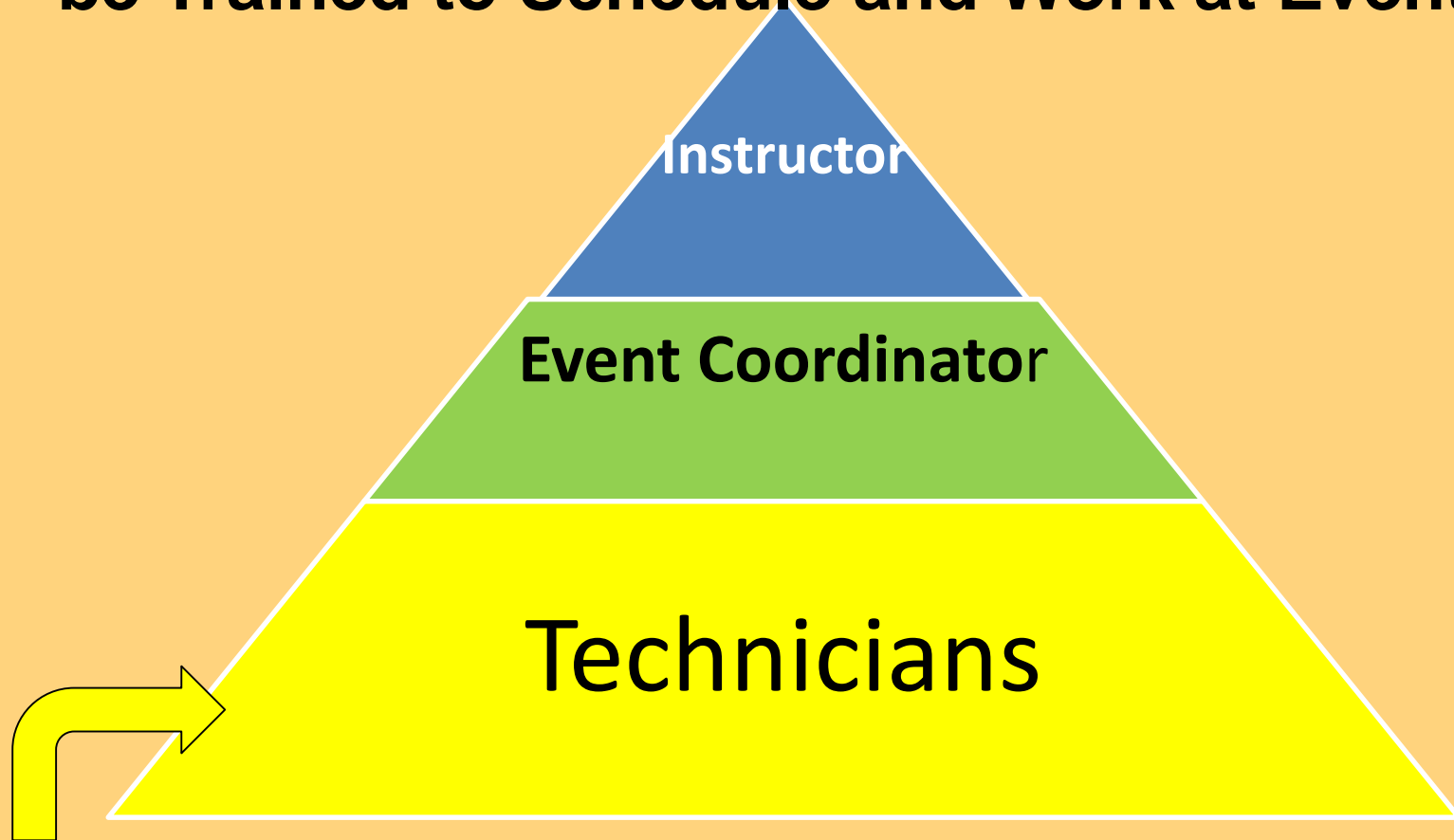


For Example, To Compensate for

- **Limited neck range:** Spot mirrors
- **Problems with entrance/exit:** Handybar, leg lifter
- **Short stature:** firm cushion
- **Limited reach:** Seat belt reacher



Always Seeking Community Partners Willing to be Trained to Schedule and Work at Events



Perform the basic work of the CarFit event under direction of Event Coordinator

Instructor

Event
Coordinator
(EC)

- Plans and runs CarFit events
- Trains CarFit Technicians

Instructor

- Trains Event Coordinators (ECs)

Coordinator

Technicians (OT and
Gen.)

Interested in CarFit?

- Please contact Erica Stern at
 - Stern001@umn.edu
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- Look me up on U of MN OT faculty page!



Shifting gears to.....

Smart Features for Older Drivers

- **Not a self-monitoring or self-driving car**
- **Just regular car with carefully selected features that:**
 - **Reduce distractions**
 - **Improve access to controls: High contrast instrument panel for better visibility with quick glances**
 - **Remember when we don't: rain sensor auto wipers, always-on lights**

- **Brochure and interactive options can be found at**
<http://www.seniordriving.aaa.com/SmartFeatures>



Consider

- **Safety features: seat belts & airbag positions and types**
- **Ergonomics: that are adjustable to reduce driver fatigue and discomfort (e.g., adjustable pedals and seats).**
- **Comfort: Ease of entry and exit, leg room, control size**
- **Value: Total cost of ownership including price, operating and maintenance costs, reliability, fuel economy and resale value.**
- **Adaptive equipment: for comfort and safety**

Interactive tool links specific features to specific driver issues

- **Short-statured or overweight**
- **Arthritic hands; diminished motor skills**
- **Limited upper body range of motion:
back, neck, shoulders, arms**
- **Diminished vision to supplement driver's
visual checks**
- **Cognitive decline or reduced mental
capabilities**

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Thank you!
Any questions or comments you
wish to share?



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