What is CarFit for the older driver?
CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community. CarFit is voluntary and free to the participants.

Why is CarFit important?
Mature drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, they are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies. (Source: NHTSA) Driver safety programs improve adult driver safety by addressing cognitive abilities and skills, however, mature drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver’s safety but also the safety of others. But it’s not just for older drivers. Any driver who might benefit from “fitting” their vehicle can attend. It’s a great way to make sure new drivers understand their ideal fit too.

How is a CarFit check completed?
At a CarFit event, a team of trained technicians work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.

Why volunteer?
- You have clients in your practice who might benefit from CarFit education
- You have loved-ones who might benefit from CarFit Education
- You have a desire to help out, give back, and help make the roadways safer

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CarFit is looking for volunteers to participate
Saturday, August 24, 2019 in Regina, SK at CAA headquarters

Volunteer Roles:
Traffic Control/Runner: training on the day & on-site
Greeter/Check-In: training on the day & on-site
Technicians/Check-Up: training before the event (2 hour) (TBA) and on the day/on site (1 hour)
Future Event Coordinators: by participating in a local CarFit event, you’ve taken the first step to becoming an Event Coordinator.
Occupational Therapists, Occupational Therapy Students, & Occupational Therapist Assistants/Check-Out: Training before the event (2.5-3 hours) (TBA) and on the day/on site (1 hour)

Interested? Please contact Susanne at susanne.adamson@saskhealthauthority.ca or Lona Gervais, Communication Specialist with CAA Saskatchewan at lona.gervais@caask.ca for more information