

Driving School

CarFit

Adjusting your car to be safe and comfortable

What happens at a CarFit check?

A CarFit check takes about 20 minutes with trained community volunteers and/or health professionals working with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety.

CarFit technicians check things like:

- Adjusting the driver's seat to the best position for the driver to control the car and have optimum field of vision
- Adjusting the steering wheel and seat belt to be comfortable and safe
- Whether the driver is using all their mirrors to minimise blind spots
- Whether a driver is aware of other safety features in their vehicle and how to use them

Any risks or comfort issues particular to the driver and tips for how to manage them. For example, a technician might suggest regular eye check-ups, or a particular type of adaptive equipment that can assist getting in and out of the vehicle more easily, or equipment that can increase the driver's field of vision when seat positioning cannot be altered adequately.

Importance of CarFit

Older drivers are among the most safety-conscious drivers on our roads because they are more likely to wear their seatbelts and less likely to speed or drink and drive. Unfortunately, when a crash does occur, older drivers are more likely to be seriously injured or killed because of their greater physical fragility.

Older drivers can improve their safety by ensuring their cars are properly adjusted for them. A proper fit in your car can greatly increase your own safety and comfort and the safety of friends and family who may be your passengers.

Benefits for older drivers

The programme offers older drivers a 12 Point Check-Up of how well they personally "fit" their vehicle. It also provides related information and recommendations that can improve their safety as drivers and enhance their mobility in the community.

People who have a CarFit Check-Up are better informed about their vehicle and about advice; products and services that can help them drive safely for longer.



CarFit events in your community

CarFit events are coordinated by local authorities and community groups like Age Concern, Lions International and Rotary, with the support of the AA and the NZ Association of Occupational Therapists. CarFit was introduced to New Zealand in late 2010 and the AA is working to help establish the events in as many communities around the country as possible.

The programme has been adapted and brought to New Zealand by the AA and the New Zealand Association of Occupational Therapists after being created in the USA several years ago by the American Society on Aging. It was developed in collaboration with AAA (American Automobile Association).

To find out if CarFit is available in your area, contact Rochelle Comber – rcomber@aa.co.nz