

CarFit

**an opportunity for community
educators to engage with
older drivers**

AA Driver Education Foundation

9 August 2010



Not linked to enforcement =
attractive to participants

CarFit:

- purely educational = non-threatening
- fun + practical and empowering
- practical vehicle "set up" check
- can be linked to other events with a road safety education focus



What is **CarFit**?

A quick but comprehensive check of how well a driver and their vehicle work together

A specific **12 point checklist** approach helps older drivers recognise when their vehicle's safety features are correctly adjusted to their personal needs



Organisation at **CarFit** events

Three CarFit stations at the event site:

- ✓ Check-In
- ✓ Check-Up
- ✓ Check-Out



Step 1 - Check-In

CarFit Welcome Coordinator

- > **greet**s participant on their arrival at Check-In
- > checks **car is being managed safely** (hand brake, etc)
- > fills out **information** about car make/model & age-band of participant (if available) – **can be used for research**
- > allocates **participant number**, to use on CarFit docs instead of name, and place in queue for Check-Up
- > **moves participant on to Check-Up** at appropriate time



Step 2 - Check-Up

A trained CarFit technician/pair

- > asks participants simple questions
- > completes the 12 point CarFit Examiner's checklist
- > Helps participants make any necessary adjustments to their vehicle settings



Step 3 - Check-Out

An occupational therapist or driver rehabilitation specialist will/can

- > check over the notes on the 12 point checklist
- > conduct a vehicle walk-around with the driver
- > provide both specific and general information to help the participant achieve a better fit with his/her vehicle
- > provide information pamphlets and a copy of the checklist to review at home and discuss with family or health care provider

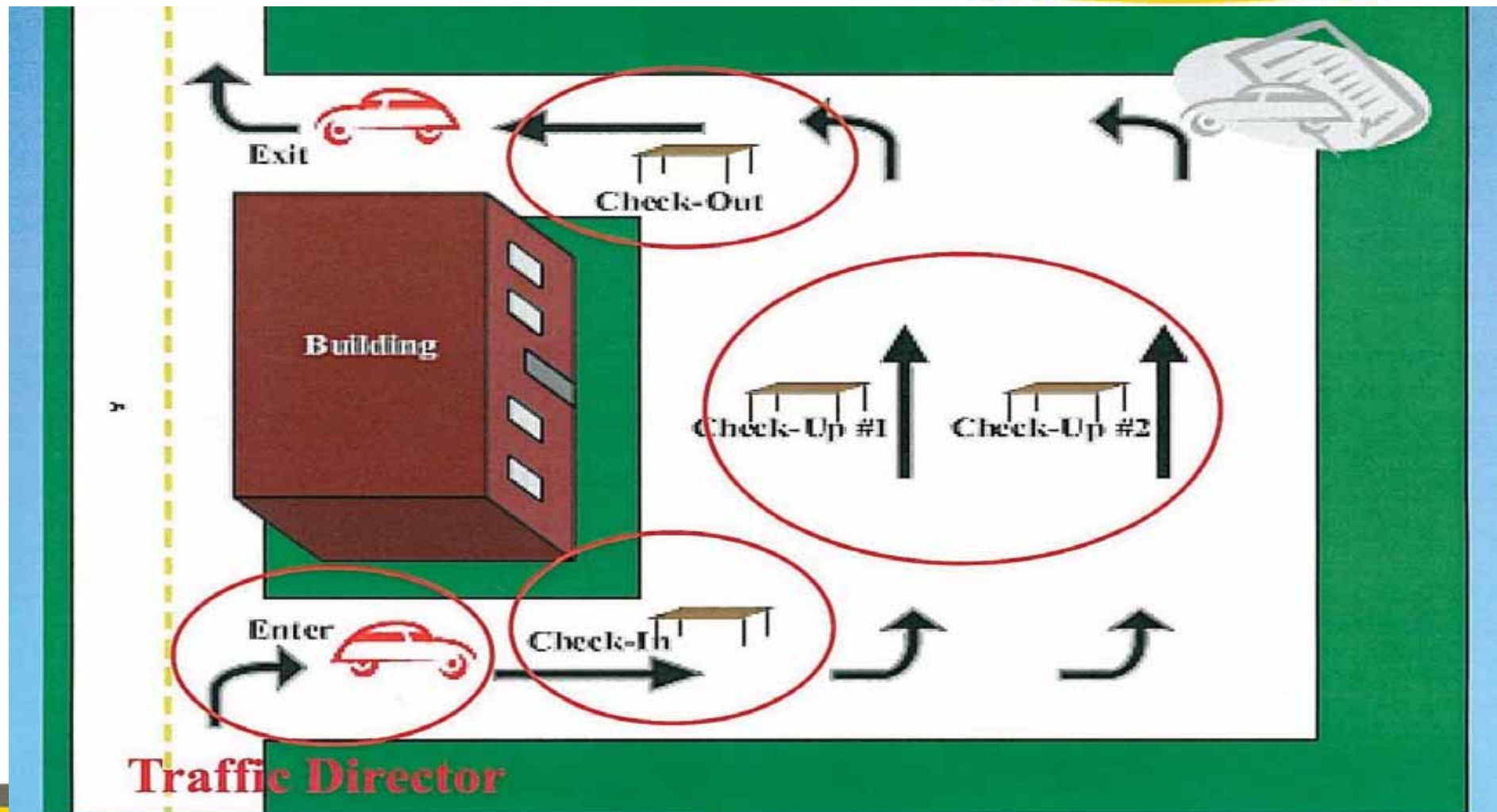


People Requirements

- 2 to 6 volunteers willing to be trained as “CarFit technicians” – critical to maintain safe standards
- Several other helpers / community organisation
 - > Telephone bookings/confirmations
 - > Meeting and greeting older drivers at events
 - > Taking down participant data
 - > Helping act as marshals etc around the course
 - > Cups of tea for volunteer technicians & participants
- Occupational Therapist/suitable health professional



Site requirements



- One way flow through
- Some cover

Equipment required – (being finetuned)

- Signs for Welcome, Check-In, Check-Up and Check-Out
- Road cones – 6 - 10
- Safety vests for volunteers
- Simple wheel chock-blocks for each Check-Up station
- Table for paperwork
- Some seating for volunteers and participants
- Tea-making facilities if possible



Reference materials and handouts

- Participant Data collection sheet (no traceable data)
- **CarFit** Technician manual
- **CarFit** Examiner's checklist
- Road Code
- Brochures and info-sheets to give away – eg,
 - > aids to measuring distance from chest to steering wheel,
 - > Going Solo for grandparents of learner drivers,
 - > safety tip bookmarks



Cost

- Communities will need to find some funding for the day of training – one trainer to attend – DI rates ?
- Materials and signage will be finalised after the pilot
 - > AA would like to provide as much as we can, but may need to make available at cost
- Community groups working with their local RSC may need help to borrow road cones etc



AA's Progress and planning

- Newlands Seminar and demonstration
- Training of 3 trainers by Elin Schold Davis – AA made responsible for CarFit in NZ
- Discussion with MoT and NZTA re plan to pilot/evaluate
- Customising the checklist and resources to NZ environment
- Karori mini pilot 17 July
- Horowhenua to fully pilot 27 September and 1 October
- Evaluation/finalising resources after Horowhenua
- *Directions Magazine* March issue to feature older drivers



Process to get involved

- Not part of NZTA Toolkit and associated ed. materials
- NZAA introducing CarFit to New Zealand on behalf of the USA developers of CarFit – agreed safety standards as vehicle safety settings are being altered – training is needed
- AA has three trainers and we are working with NZAOT
- Contact AA Driver Education Foundation to book some training if your community is interested in introducing CarFit for your older drivers.



• **Kapiti Coast District Council**

• **Horowhenua District Council**

• **Whanganui District Council**

• **Selwyn District Council**

• **Waitaki District Council**

• **Central Hawkes Bay District Council**

• **Central Otago District Council**

• **Napier District Council**

• **Ashburton District Council**

• **Dunedin City Council**

• **Christchurch City Council**

• **Nelson City Council**



**Top 12 High Risk areas for drivers 70 yrs+
from NZTA's Community Risk Register**



Questions

