

Press Release



Greene County Public Health
A Safe Communities Grantee of Ohio Department of Public Safety
Ohio State Highway Patrol-Traffic Safety Division
360 Wilson Drive, Xenia, OH 45385



FOR IMMEDIATE RELEASE
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CarFit Event Helps Improve Comfort and Safety “Fit” for Senior Drivers

XENIA, OH -- To help the 10,000 Americans turning 65 every day and all senior drivers find a better “fit” with their cars for comfort and safety, mobility experts are hosting a safety program designed to help older drivers and their families. *CarFit* is 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.

Greene County Safe Communities Coalition will conduct ***CarFit* check-ups in Xenia on Monday, October 16, 2023 from 12:00 – 3:00pm at Greene County Public Health located at 360 Wilson Drive in Xenia.** The link for participants to sign up for the event can be found online at <https://www.signupgenius.com/go/10C0945AAAD2FA7F9C43-carfit#/>. The slots are in 20-minute increments between the times of 12p-3p. There will also be a small safety fair with representatives from organizations such as Greene County Public Health and Greene CATS.

“As we age, changes in our vision, flexibility, strength, range of motion and even size and height may make us less comfortable and reduce our control behind the wheel,” said Loressa Gonyer, Coordinator for Greene County Safe Communities. “*CarFit* provides older adults with the tools to understand and apply the safety features of their car.”

At a *CarFit* event, trained volunteers complete a 12-point checklist with each driver. Among the items checked:

- Correct position of driver’s seat
- Driver’s ability to easily reach pedals
- Proper adjustment of mirrors

Occupational therapists are on hand also to provide a consultation, if needed, that will teach drivers how to maintain and improve aspects related to their driving health. The therapist can also provide information to participants addressing individual needs, including information about local community resources on exercise, nutrition, and other programs to help keep them safe on the road.

“It is critically important that mature drivers make safety a personal priority,” said Loressa Gonyer, Safe Communities Coordinator at Greene County Public Health. “Driving today is more difficult than ever because of increased traffic congestion, longer commute distances, new technology and faster speeds. Older drivers can take important measures to mitigate the stress associated with driving.”

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Older drivers can also check with their local AAA club or AARP office to take a driver safety refresher course for older road users or look into occupational therapy driving evaluation programs for individualized assessments and recommendations. *CarFit* represents an extension of those classroom programs, and an opportunity for older drivers to make sure their personal vehicles are adjusted to their needs.

For more information, visit www.car-fit.org. CarFit is an educational program developed by AAA, AARP, and the American Occupational Therapy Association.

In addition, we will be offering a **Technician Training at the Menapace Center for individuals to become CarFit technicians**. The training will be from 9:00-11:00am, and will require a 2-hour module session prior that can be taken at one's own pace. To become a certified CarFit Technician, individuals must attend an event as a technician following their training. To attend the training, please go to www.car-fit.org and register to be a volunteer. Select "Find a Training" and register for this training.

For more information about the Greene County Safe Communities Coalition, contact Loressa Gonyer at lgonyer@gcph.info or by phone at 937-374-5655.

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