



What is CarFit?

CarFit is an educational program that offers mature drivers the opportunity to check how well their personal vehicle “fits” them. It is voluntary and free to the participants. CAA Saskatchewan and the Canadian Association of Occupational Therapists (CAOT) with support from the Saskatchewan Society of Occupational Therapists (SSOT) is working together to deliver the program to participants in Saskatchewan communities where CAA Stores are located.

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, mature drivers are more likely to be killed or seriously injured when a crash does occur. While driver safety programs improve mature driver safety by addressing cognitive abilities and skills, a CarFit check can improve their safety by ensuring their cars are properly adjusted for them.

How is a CarFit check completed?

At a CarFit clinic a team of trained CarFit coordinators and technicians work with each participant to ensure they “fit” their vehicle properly. It takes about 20 minutes to go through the checklist. Drivers leave with a better understanding of the fit between them and their personal vehicle.

Occupational Therapists are needed to offer this great program to mature drivers in Saskatchewan communities! You do not need to be working with the adult population to volunteer for this program. In the past two years, successful CarFit events occurred in Saskatoon, Regina, Yorkton and Swift Current.

CarFit Events in 2018: CarFit is looking for occupational therapists in the *Prince Albert, Weyburn, Estevan, Moose Jaw and North Battleford* areas to participate in CarFit events in these communities.

Interested? Please contact Sonia Brooks at president@ssot.sk.ca or Lona Gervais, Communication Specialist with CAA Saskatchewan at lona.gervais@caask.ca for more information *by February 23, 2018 so that we can start planning. THANKS!!*
