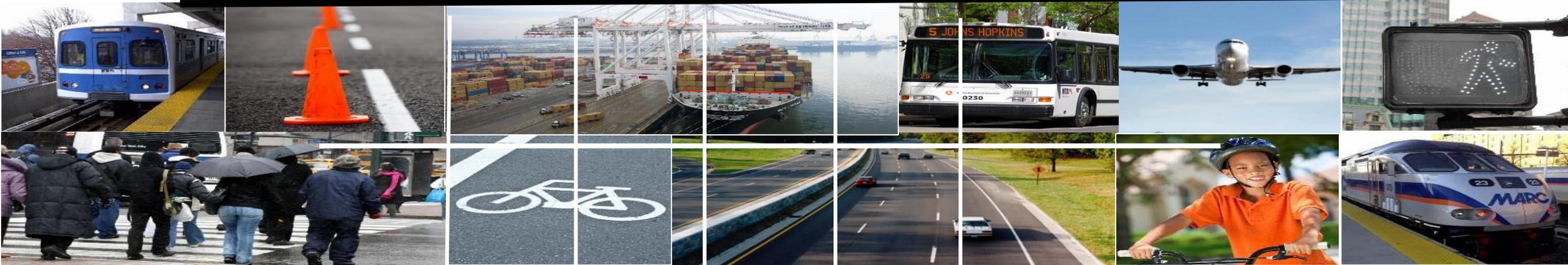




Maryland
Highway
Safety
Office

MVA Highway Safety Office (MHSSO)



**ZERO DEATHS
MARYLAND**

MHSO MISSION

The Motor Vehicle Administration's Highway Safety Office is dedicated to saving lives and preventing injuries by reducing the number and severity of motor vehicle crashes through the administration of a comprehensive and effective network of traffic safety programs.



- 12-pt checklist
- Education and Resources
- www.car-fit.org

WHAT IS CARFIT FOR THE AGING DRIVER?

- Educational program created by the American Society on Aging - developed in collaboration with AAA (American Automobile Association), AARP and the American Occupational Therapy Association (AOTA)
- Free community event that offers older adults the opportunity to check how safe they are in their vehicles
- Provides information and community-specific resources to enhance their safety as drivers, and/or increase their mobility in the community



Helping Mature Drivers Find Their Safest Fit



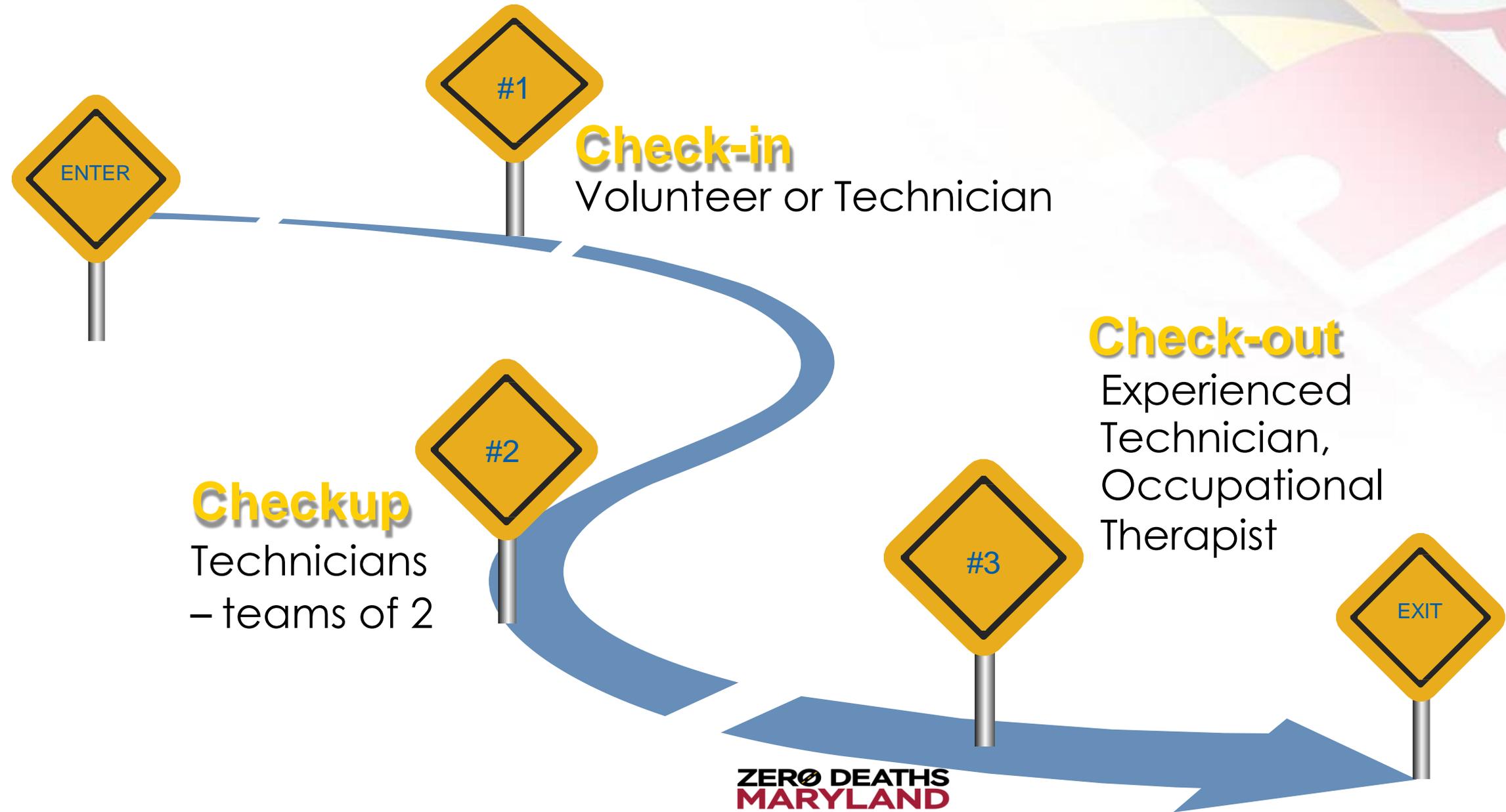
<https://www.youtube.com/watch?v=bMKsajxZJfc>

A DRIVE-THROUGH PROGRAM WITH DRIVER SEATED IN THEIR CAR

- Located at:
 - Senior community centers
 - Faith-based organizations
 - Fire stations
 - Senior Independent Housing
 - And more!
- Takes 20-30 minutes



TYPICAL CARFIT EVENT & STATIONS



WHAT HAPPENS DURING A CARFIT CHECK?



CARFit
Helping Mature Drivers Find Their Perfect Fit

AOVA 2022-23 AARP Driver Safety

DATE _____ PARTICIPANT # _____ VEHICLE MAKE, MODEL & YEAR _____

Was driver wearing seatbelt when they arrived at event? Y N NA

Responses with any checked should be brought to the attention of the occupational therapist (OT) or driving rehabilitation specialist at checkout. If an OT is not available, refer to the CarFit Local Resource Guide for information and local resources.

1. DRIVER OF VEHICLE: "Welcome to CarFit. For the next 20 minutes we look forward to reviewing your vehicle's safety features and providing education that supports your comfort and safety in your vehicle." Remind the driver that when more than one person operates a vehicle, seat position, steering wheel tilt, and mirror positions may differ.
"To begin, may I have your permission to take a quick measurement of your current seat position?"

Conduct Pre-measurement

A. Distance between chest and steering wheel _____ inches

B. Line of sight above steering wheel _____ inches

Before we move on, do you have any specific questions of us? Yes No

2. SEAT BELT
Wearing a seatbelt correctly reduces chance of ejection, keeps a person in place, and absorbs energy forces during a crash.
Does the driver wear the seat belt every time they drive? If no, why? Yes No

Is the shoulder belt positioned to cross at mid-collar bone? (Check seat belt height adjuster) Yes No

Is the lap belt positioned low across the hips / strong pelvic bones? Yes No

Can the driver comfortably unbuckle, let belt retract, then reach and buckle the seat belt? Yes No

3. STEERING WHEEL TILT
The tilt of the steering wheel determines the angle in which the airbag deploys.
Is the steering wheel properly tilted? (Towards the driver's chest, not face) Yes No

Can the driver adjust (tilt/telescope) the steering wheel using the release lever? Yes No N/A

Can the driver view the speedometer and most of the instrument panel with ease? Yes No

4. DISTANCE BETWEEN CHEST AND AIRBAG
Sitting too close to the airbag can cause serious injury to the upper body.
Is the driver able to sit at least 10" away from airbag housed in steering wheel? Yes No

If no, can the driver adjust seat base and/or back to achieve ideal distance? Yes No N/A

5. LINE OF SIGHT ABOVE STEERING WHEEL
Visibility surrounding the vehicle in front and sides is critical for safe driving.
Line of sight should not be obscured by dashboard, steering wheel, or other items.
Does the driver report an unobstructed view at least 3 inches over the steering wheel? Yes No

Can the driver adjust seat base and/or back to improve line of sight, if needed? Yes No N/A

6. HEAD RESTRAINT
The head restraint protects the driver from whiplash and other injuries, particularly if the vehicle is rear-ended.
Does the vehicle have an adjustable head restraint? Yes No

If yes, is the head restraint properly adjusted? Yes No

7. GAS AND BRAKE PEDALS
Safe position allows the driver to fully depress brake and gas (and clutch if applicable).
Looking at the road ahead, hands on steering wheel and without looking at feet, can the driver reach and fully depress pedals...not reaching with feet? Yes No

If the driver has a clutch can they completely depress and hold the clutch in? Yes No N/A

Are there impediments to movement between gas and brake (shoes, floor mat, floor clutter)? Yes No

Can the driver locate and operate controls to move seat forward/backward to achieve ideal distance to gas or brake? Yes No N/A

Has the driver achieved a safe and comfortable fit to reach and operate pedals? Yes No

8. MIRRORS, NECK MOBILITY AND BLIND SPOT
Proper mirror position is important to safe driving in order to see all around the vehicle. Mobility of the head, neck and trunk enable a driver to check for blind spots on both sides of the vehicle before merging or changing lanes.
Can the driver identify the volunteer's cue using the LEFT side view mirror? Yes No

Can the driver identify the volunteer's cue using the RIGHT side view mirror? Yes No

Can the driver identify the volunteer's cue using the REARVIEW mirror? Yes No

If no, review mirror control locations and offer tips for gradual adjustment of mirrors.
Is neck rotation adequate to see cue in blind spot area by looking over LEFT shoulder? Yes Yes

Is neck rotation adequate to see cue in blind spot area by looking over RIGHT shoulder? Yes Yes

If no, review mirror control locations.

9. HOW MIRRORS WORK TOGETHER
The combination of the rearview mirror, side view mirrors and over the shoulder check offer optimal visibility of the driving environment.
Right: (Technician starting from 10 feet behind vehicle) Can the driver identify cue in rearview mirror then side view mirror followed by over the shoulder blind spot check, reflecting visibility that includes blind spot? Yes No

Left: (Technician starting from 10 feet behind vehicle) Can the driver identify cue in rearview mirror then side view mirror followed by over the shoulder blind spot check, reflecting visibility that includes blind spot? Yes No

Optional education on the use of the blind spot and glare reduction strategy:
Was Blind Spot Glare Elimination (BGC) education offered? Yes No

10. OPERATION OF VEHICLE CONTROLS
Locating and operating vehicle controls is essential to safe driving.
Are left and right turn signals functioning? Yes No Unsure

Are headlights functioning, even if lights are automatic? Yes No Unsure

Are high beams in working order? Yes No Unsure

Are brake lights in working order? Yes No Unsure

Can the driver identify controls for windshield wipers? Yes No Unsure

Can the driver identify location of emergency/parking brake? Yes No Unsure

Comments describing discomfort with reach and/or operation of vehicle controls.

11. VEHICLE TECHNOLOGIES AND WARNING DEVICES
Awareness of your vehicle's technologies can make driving safer.
Does vehicle have a backup camera? Yes No Unsure

Does vehicle have forward collision warning? Yes No Unsure

Does vehicle have adaptive headlights? Yes No Unsure

Does vehicle have lane departure warning? Yes No Unsure

Does vehicle have blind spot warning? Yes No Unsure

Does the driver have vehicle safety technologies turned on (if applicable)? If no, why? Yes No Unsure

Can the driver identify and operate emergency flashers/hazard lights? Yes No

Is vehicle horn in working order? Yes No

Hand the clipboard to the driver and instruct them to proceed to the checkout station.

12. FINAL REVIEW AND CHECKOUT
Ask the driver to take the following post-education measurements:
Reinforce goal of sitting 10 inches plus away from steering wheel that houses the airbag. 10"+ Less than 10"

Reinforce goal of unobstructed line of sight is 3 inches plus above steering wheel. 3"+ Less than 3"

The following items may be completed by a trained technician:
Is the driver aware of any notable dents/scratches on the vehicle? Yes No

Was education provided on tire tread, pressure, etc? Yes No

Was education provided on importance of clean headlights, windshield, and sensors (if applicable)? Yes No

To be completed at checkout ONLY when occupational therapist (OT) is present.
Invite the driver to exit their vehicle and walk around the perimeter with OT by their side.
Did the driver exit and enter the vehicle with ease? Yes No

Was education provided on adaptive devices that may be useful for the driver or passenger? Yes No

If yes, please describe: _____

General Notes and Comments: _____

The 12-Point Checklist

- Seat Belt
- Mirrors and Blind Spots
- Steering Wheel Tilt
- Head Restraint
- Gas/Brake Pedals
- Vehicle Technology

SEAT BELT

- Review the seat belt height adjuster on vehicle
- Ensure shoulder and lap belt are positioned correctly
- Ask the driver to unbuckle and buckle to check for any difficulty/pain with reaching



STEERING WHEEL TILT

- Review the location of the airbag and space needed to deploy
- Ensure they can operate tilt and telescoping features
- Check that angle is safest for airbag deployment and they can see over dashboard



HEAD RESTRAINT

- Demonstrate how to adjust up/down and other movement as allowed by vehicle
- Review the correct height of restraint and how it protects against whiplash
- Review importance of not too much distance between head and restraint

TOO LOW



TOO FAR AWAY



TOUCHING IS OK



GAS & BRAKE PEDALS

- Ask driver to depress gas pedal and then brake pedal and ensure they're not looking down
- Check for loose floor mats and/or other items that impede gas/brake pedals
- Ensure comfortable bend in knee to alleviate chance of fatigue



MIRRORS, NECK MOBILITY & BLIND SPOTS

- Ensure driver can see objects in rear and side view mirrors
- Demonstrate driver's blind spots by moving around vehicle, suggesting adjustment if needed
- Note any pain/stiffness of neck for OT to address at check-out



THE OCCUPATIONAL THERAPIST ROLE

- Trained to understand challenges drivers may be concerned about related to body structure, medical diagnoses and/or aging
- Correlate some of the driver's disclosed concerns (stiffness, pain, etc.) with **driving risk**
- May select and demonstrate sample adaptive devices



CARFIT EVENTS

Counties include:

- ❖ Montgomery
- ❖ Harford
- ❖ Charles
- ❖ Frederick
- ❖ Baltimore

**ZERO DEATHS
MARYLAND**

CARFIT SAFETY EVENT



CARFit
Helping Mature Drivers Find Their Safest Fit

Senior adults experience physical changes that can decrease range of motion impacting their vehicle safety.

A trained CarFit technician will educate the senior driver and complete a 12-point checklist focusing on improving their safety and comfort.

TUESDAY, JUNE 20, 2023

11:00 AM - 2:00 PM

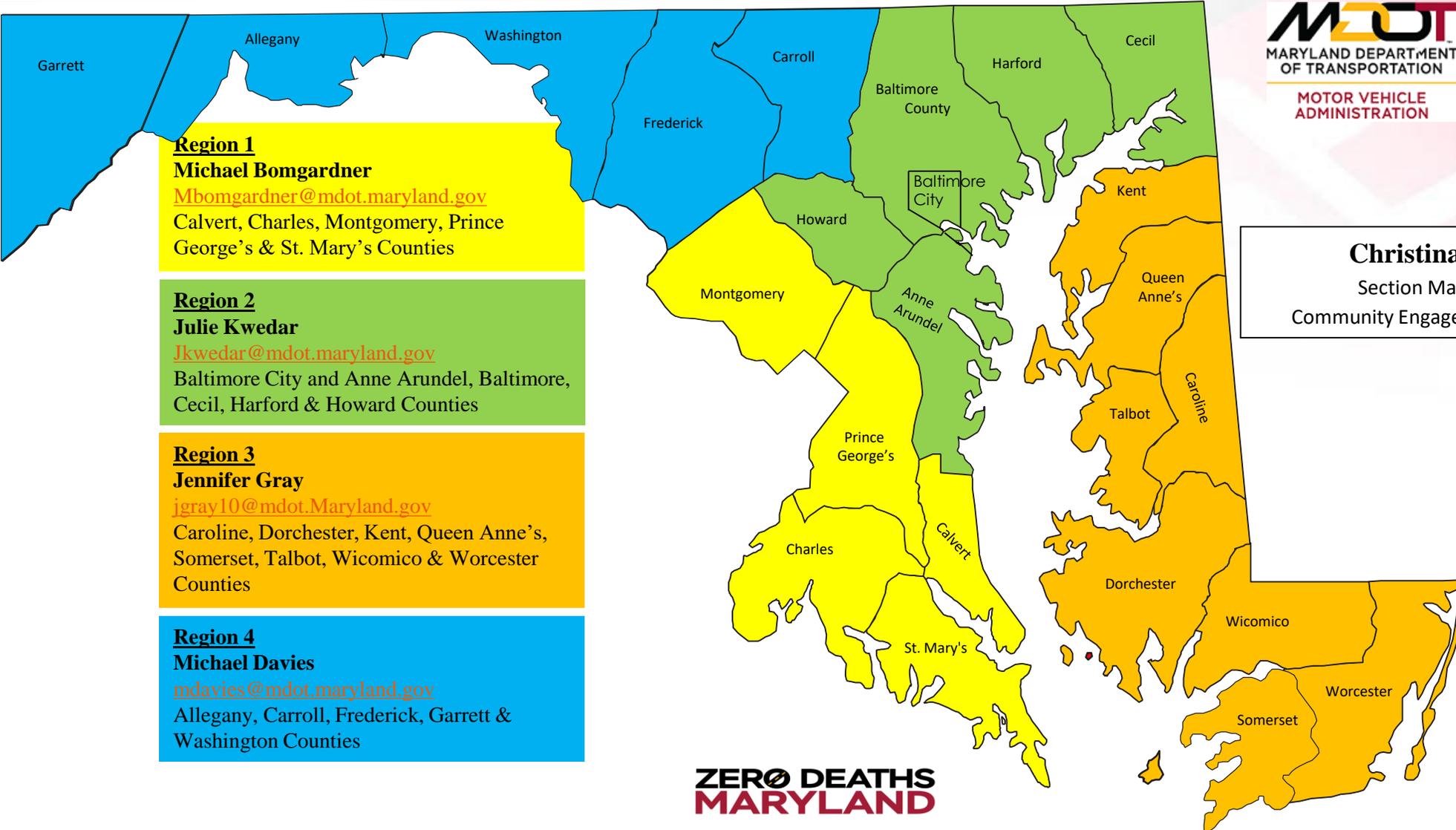
ST. MARY MAGDALEN MISSION
1716 E CHURCHVILL ROAD, 21015

**REGISTRATION IS
REQUIRED!**

Scan the QR Code or
call 1-800-515-0044
to register today!



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**ZERO DEATHS
MARYLAND**

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