



DEPARTMENT OF HEALTH

News Release

LINDA LINGLE
GOVERNOR

CHIYOME LEINAALA FUKINO M.D.
DIRECTOR
Phone: (808) 586-4410
Fax: (808) 586-4444

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**FREE CARFIT PROGRAM TO HELP MATURE DRIVERS BE SAFER,
MORE COMFORTABLE IN THEIR CARS**

HONOLULU – To drive down the rate of crashes and injuries among older drivers, the Hawai`i State Department of Health (DOH) Injury Prevention and Control Program will host a “CarFit” event on Friday, January 4, from 8:30 a.m. to 12:30 p.m., at Kapi`olani Community College. CarFit is a national program that uses trained professionals to help mature drivers “fit” their car better. The free educational program is sponsored by the American Automobile Association (AAA).

“We’re offering this free service for the first time in Hawaii to help older drivers, age 65 and above, increase their safety while driving,” said Eric Tash, DOH Injury Prevention Program manager.

CarFit will use trained occupational and physical therapists to evaluate older drivers’ ability to operate a vehicle safely by evaluating the “fit” of the driver to the vehicle. Assessments are based on many of the car’s features and functions, including:

- Safety belt use
- Head restraint setting
- Position of driver to air bags
- Mirror adjustment
- Line of sight over the steering wheel

(more)

- Operation of other vehicle controls

All drivers will receive a 15-minute, 12-point checklist to help them fit better and feel more comfortable in their car. These assessments can also help improve a driver's ability to drive more safely.

Evaluations from national CarFit surveys have shown that the vast majority of mature drivers who participated in the program made changes to improve the fit of their vehicle and enhance available safety features. They were also far more willing to discuss their driving abilities with family and health care providers.

The CarFit Program is available to the first 100 drivers, age 65 and above, who have a valid driver's license. To schedule an appointment, contact Kari Benes, DOH Injury Prevention and Control Program, at 586-5912 or email kari.benes@doh.hawaii.gov.

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For more information, contact:

Kari Benes
Injury Prevention Program
Phone: (808) 586-5912

Janet Smith
Communications Office
Phone: (808) 586-4660