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Certification classes offered for 'CarFit' trainers/coordinators

Kansans are enjoying longer lives, driving later in life and driving more miles than earlier generations.

From 2010 to 2030, the number of Kansans age 65 and older is expected to increase by 66 percent. To help older drivers remain safe on the road, the Kansas Department of Transportation and AAA-Kansas are offering training for CarFit.

CarFit is an educational program created by the American Society on Aging and developed in collaboration with AAA, AARP and the American Occupational Therapy Association.

The program is designed to help older drivers find out how well they fit their personal vehicle, to highlight actions they can take to improve their fit, and to promote conversations about driver safety and community mobility. A proper fit in one's personal vehicle can greatly increase not only the driver's safety but also the safety of others.

Training will be offered in Salina and Topeka this month to help Kansas build a resource of CarFit coordinators and trainers. There are only five individuals in Kansas certified as CarFit coordinators and trainers. Volunteer event coordinators participate in and manage CarFit events following specific guidelines. CarFit technicians instruct participants in 12 key area of driver fitness. Examples of items reviewed include knowing how to properly adjust mirrors to minimize blind spots and good foot positioning on the gas and brake pedals.

The Kansas Occupational Therapy Association has approved the training as eligible for continuing education units for occupational therapists.

The Topeka training will be May 20 and 21 at Stormont-Vail Regional Medical Center. Salina training on May 22 and 23 will be at the KDOT District 2 Office, 1006 N. 3rd. To register online for classes at either location, visit www.ktsro.org/older-driver-training. Those planning to attend the Topeka training may also register by calling 785-354-5225.

For more information about CarFit visit www.car-fit.org.

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For information about obtaining an alternative format, contact the Bureau of Transportation Information,
700 SW Harrison St., 2nd Fl West, Topeka, KS 66603-3754 or phone 785-296-3585 (Voice)/Hearing Impaired – 711.

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