

# Transcript

## CarFit: Introduction

[Upbeat music plays throughout]

00:00:00 - 00:00:03

[Video: *Several different shots highlight what a CarFit event looks like with designated parking spots, and people there to help guide drivers where to go*]

[Animation: *The screen turns white and the CarFit logo and tagline are shown along with The American Occupational Therapy Association. Inc, AAA and AARP Driver Safety logos.*]

00:00:03 - 00:00:29

[Video: *Rhonda, the speaker, is seen outside in front of a car talking to the camera.*]

[Text on Screen: *Rhonda Shah*]

Rhonda >> Hi, I'm Rhonda Shah with Triple A and I'm here today to tell you a little bit about CarFit. So, what exactly is CarFit? CarFit was developed by the American Society on Aging in collaboration with Triple- A, AARP and the American Occupational Therapy Association. It's a community-based program that provides a quick, yet comprehensive check of how well you and your vehicle work together.

00:00:29 - 00:00:40

[Video: *A car inside of a lane made of orange pylons is shown. At the front of the line is a sign that says "Check Station #4.*

*Rhonda is seen in front of the car talking to the camera again.*]

Rhonda >> Much like a tailor alters your clothes for a better fit CarFit recommends minor alterations to your car that can give you a better and safer fit with your vehicle. it's simple

00:00:40 - 00:00:59

[Video: *A driver pulls up to an attendant.*

*A shot of the CarFit 12-point checklist is shown with questions like "Are you the only driver?" and preferences for seatbelt usage.*

*The attendant is shown doing a test in front of the car.*

*The attendant is going through a bag of pamphlets with the user.*

*Rhonda is seen in front of the car talking to the camera again.]*

Rhonda >> It's simple and begins with a trained professional asking basic questions that are part of the twelve-point CarFit checklist. The process takes about 20 minutes and you'll leave with recommended car adjustments and adaptations, a list of local resources in your area that can assist you further and a greater peace of mind.

00:00:59 - 00:01:42

[Video: *Rhonda is seen in front of the car talking to the camera again.*

*An older driver is seen getting into her car and putting on her seatbelt.*

*Rhonda is seen in front of the car talking to the camera again.*

*An attendant is seen attending to another CarFit user.]*

Rhonda >> So now you may be thinking, well why is CarFit right for me? Research suggests that older drivers are among the safest drivers; they are more likely to wear their seat belt and less likely to speed or drink and drive. However, as people age, they're more likely to suffer serious injuries or risk death in a crash because of greater fragility and aging bodies. With age comes physical changes such as arthritis and decreased vision. These changes can make safe driving especially challenging for seniors that's why at Triple A we're committed to educating seniors on how they can adjust and interact with their vehicles in ways that optimize comfort and safety. since the program's inception

00:01:42 - 00:02:09

[Video: *Rhonda is seen in front of the car talking to the camera again.*

*An attendant is seen attending to another CarFit user.*

*Rhonda is seen in front of the car talking to the camera again.]*

Rhonda >> Since the program's inception in 2005, Triple A clubs across the nation have conducted the CarFit program in local communities to help keep senior drivers safe. One way to ensure the safety of older drivers is to ensure they are positioned properly inside their cars, and today, we'll take a look at each of the 12 points on the CarFit checklist to accomplish this goal. Are you ready to come take a look? Come join me!