

CARFit®



Helping Mature Drivers Find Their Safest Fit

How older drivers fit in their vehicles



83%

have properly
adjusted headrests



95%

are wearing a
seatbelt



88%

have optimal seat
height for visibility



93%

have minimum steering
wheel distance for safety



South River CarFit Event

find a better fit for comfort & safety
with a 12-point checklist for senior drivers

Wednesday, June 24th, 2026

Grekoski Park • Whitehead Avenue

10:00 AM - 2:00 PM



PRESS RELEASE

South River CarFit Event Helps Improve Comfort and Safety “Fit” for Senior Drivers

To help the 10,000 Americans turning 65 every day and all senior drivers find a better “fit” with their cars for comfort and safety, mobility experts are hosting a safety program designed to help older drivers and their families. CarFit is a national program developed by AARP and the American Occupational Therapy Association (AOTA) which is designed to give a quick, yet comprehensive check on how well an older driver and their vehicle fit together.

Monmouth University Occupational Therapy Program will conduct CarFit check-ups from 10:00 AM until 2:00 PM on June 24 at Grekoski Park (Whitehead Avenue). As we age, changes in our vision, flexibility, strength, range of motion and even size and height may make us less comfortable and reduce our control behind the wheel. CarFit provides older adults with the tools to understand and apply the safety features of their car.

At a CarFit event, trained volunteers complete a 12-point checklist with each driver. Among the items checked. Items checked include correct position of the driver’s seat, the driver’s ability to easily reach pedals, and proper mirror adjustment.

Occupational therapists are also on hand to provide a consultation, if needed, that teaches drivers how to maintain and improve aspects related to their driving health. The therapist can also provide information to participants addressing individual needs, including information about local community resources on exercise, nutrition and other programs to help keep them safe on the road.

“It is critically important that mature drivers make safety a personal priority,” said Sgt. Paul Muszynski. “Driving today is more difficult than ever due to increased traffic congestion, longer commute distances, new technology, and faster speeds. Older drivers can take important measures to mitigate the stress associated with driving.”

Older drivers can also check the AARP website at www.aarp.org/findacourse to take a driver safety refresher course for older road users or look into occupational therapy driving evaluation programs for individualized assessments and recommendations. CarFit represents an extension of those classroom programs, and an opportunity for older drivers to make sure their personal vehicles are adjusted to their needs.