



Road Team Captains are in the process of being trained for this program. It fits in well with the presentations we are now making at Senior Citizen Centers. We can now offer to senior citizen centers the No Zone presentation, the Yellow Dot program and CarFit. So far the centers have been very excited about what the Road Team can do for their seniors.

### What is CarFit for the older driver?

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them.

The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.

### Why is CarFit important?

Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies.

Driver safety programs improve adult driver safety by addressing cognitive abilities and skills, however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.

### How is a CarFit check completed?

At a CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.

- CarFit Technician

CarFit Technicians must attend a half-day technician training hosted by an Event Coordinator. Upon completion, you will be able to take participants through a CarFit event safely. CarFit Technicians must:

- Be able to bend over, stoop down, and assist another in walking.
- Possess good observational skills.
- Demonstrate time management skills.



### **2017 TENNESSEE'S ROAD TEAM**

The Tennessee Trucking Foundation has a group of 22 professional truck drivers who make up our Tennessee Road Team. Members of the Road Team travel all across the State of Tennessee conducting a highway safety training program to drivers of all ages. Statistics show that the age groups with the highest number of crashes involving a large truck are ages 15-19 and drivers who are 55 plus. This safety program consists of about a 30-minute power point presentation about driving safely around large trucks. The Road Team Captains have the presentation on a thumb drive but will need a projector and screen. They also provide a handout for participants to take home with reminders of the points of the presentation.



The Tennessee Department of Transportation has a program called “Tennessee Yellow Dot.” This program is open to all Tennessee drivers and vehicle passengers with a medical condition that would be of concern in case of an emergency. Participants in the program receive a Yellow DOT decal, a Yellow DOT folder, and a medical information sheet. The participant completes the medical information sheet, which consists of their emergency contact information, medical information, recent surgeries, hospital preferences, current medications, and insurance and physician information. A personalized photo should also be taken and placed on the sheet. This information will be the sole responsibility of the participant and should remain in the glove compartment inside the yellow folder provided. The Yellow DOT decal should be placed on the driver’s side rear window of the vehicle. The information in the Yellow DOT folder is not kept by any agency or person and will only be accessed by first responders in case of a roadway incident where emergency medical attention is needed.

Our program provides everything needed to complete the requirements for Yellow Dot. We come to your location, explain the program, hand out the Yellow Dot kit and assist with the completion including the photo for the medical information sheet.