



Felician Village

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## FOR IMMEDIATE RELEASE

### ***Felician Village CarFit Event Helps Improve Comfort and Safety “Fit” for Senior Drivers***

MANITOWOC, Wis. (May 25, 2017) - 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 national program developed by AAA, AARP and the American Occupational Therapy Association and is designed to give a quick, yet comprehensive check on how well an older driver and their vehicle work together.

Felician Village will conduct CarFit check-ups at The Gardens at Felician Village, 1700 S. 18<sup>th</sup> Street, Manitowoc on June 14, 2017 from 11 a.m. - 1 p.m.

“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,” said Tiana Schisel, Director of Rehabilitation Services. “CarFit provides older adults with the tools to understand and apply the safety features of their car.”

At the CarFit event, a 12-point checklist will be completed with each driver. Among the items checked:

- Correct position of driver’s seat
- Driver’s ability to easily reach pedals
- Proper adjustment of mirrors

Each checkup takes about 20 minutes -***it is not a driving test or mechanical inspection.***

Occupational therapists are on hand also to provide a consultation, if needed that will teach 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 Schisel. “Driving today is more difficult than ever because of 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 with their local AAA club or AARP office 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.

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### **About Felician Village**

Felician Village, a continuing care campus, has been providing housing and services for seniors through rehabilitation, independent living, assisted living and long-term care for 130 years. Felician Village is a Catholic organization that welcomes people from all faiths.

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