

Driving

CarFit

If you are still driving, a CarFit session may help you to "fit more comfortably" behind the wheel and feel safer in your vehicle.

CarFit is a community based educational program that promotes continued safe driving and mobility among older drivers by focusing attention on safety, comfort and fit.

A trained CarFit technician will go through a 12 point checklist including:

- Seatbelt use
- Steering wheel position
- Headrest position
- Blindspot reduction

CarFit is an education program; NOT a driving evaluation. All information is confidential.



CARFit

Helping Mature Drivers Find Their Safest Fit

AOTA The American Occupational Therapy Association, Inc.



AARP Driver Safety

Walking

Senior Pedestrian Safety

This "one on one" or small group program fits the needs of seniors who want to continue to walk safely- whether it is to the mailbox, around their neighborhood, in a parking lot, or to access transit services. A trained staff member will provide guidance on staying safe as a pedestrian.

Each session will include information on best practices for walking with mobility devices (walkers, canes), wearing proper footwear and clothing, staying alert for motorists, use of sidewalks, crosswalks, and crossing at corners. As appropriate, staff will accompany the senior on a walk to demonstrate safe behaviors.



Other Transportation

Transportation Coaching

increases your independence by teaching you about the transportation options available in Hunterdon County and how to use them.

Transportation Coaching sessions will teach you how to:

- Identify appropriate services
- Understand printed schedules
- Schedule a ride
- Pay a fare
- Take advantage of discount fares
- Navigate transportation service websites

Learn how you can travel independently to:

- Medical appointments
- Employment/volunteer activity
- Recreational activities



goHunterdon wants to encourage and support seniors to stay active and independent.

Whether you want to keep driving longer, learn how to use other transportation options, or find ways to stay physically active, we're here to help!

Our goal is to provide you with the information and advice you need to feel comfortable and safe while getting around.



Group Presentations

Seniors on the Go is a fun Jeopardy style presentation available to senior groups in Hunterdon County. Using an interactive "game" approach, participants will learn about the latest driving safety laws, best practices for sharing the road with pedestrians and bicyclists, transportation options available for Hunterdon seniors and how to choose the best mode of transportation.

Senior Mobility Programs



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goHunterdon is a 501(c)(3) non profit corporation dedicated to promoting sustainable transportation in Hunterdon County, NJ

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