

Driving Longer with a “Perfect Fit”

Course Synopsis:

As we age, changes in our bodies present increased challenges which may affect our driving. Proper maintenance of both our cars and our bodies should allow us to continue driving well into our “later years”. Today's mature Americans are the most active and community engaged seniors in history, and today's vehicles possess the most technologically advanced safety features in history. So how can we use these facts to our advantage in order to ensure our driving longevity and continued independence and involvement in our community? CarFit, developed and sponsored by AARP, AAA, and AOTA is designed to help mature drivers find the "Perfect Fit" to their vehicle in order to take advantage of the available safety features to increase driving safety.

Speaker Bio

Clark Upton, COTA grew up in the Portland Metro area and began his working career as an elementary school teacher after attending Oregon College of Education. His career as a classroom teacher lasted nearly ten years and included two, K through 8, one-room schoolhouses in eastern Oregon. He then married, moved to the east coast and changed careers by attending Penn State University and receiving his OTA degree. Clark has spent most of his OT career in skilled nursing facilities in Pennsylvania, Ohio, and Virginia. He became involved with CarFit in 2006 during his time in Virginia and received training to be a CarFit Instructor at the 2015 National AOTA Conference in Baltimore. He is married to Margaret, a family nurse practitioner who now works at Lewis and Clark College and has two grown children who live in Iowa. Clark and Margaret returned to Oregon in 2015 where he began working at a Forest Grove skilled nursing facility. Clark switched to the field of Home Health in 2017 and currently works for Providence Home Services West, He is involved with OT Night Out, and also volunteers with AARP Driver Safety Program promoting CarFit in Oregon.

Financial Disclosures: Mr. Upton does not receive an honorarium for this course.

Nonfinancial disclosure: There are no nonfinancial disclosures

By the end of this presentation, participants will be able to:

- 1) Identify facts and current statistics about driver safety.
- 2) Describe CarFit as a screening tool and how to use it in daily practice.

This course is an intermediate level, with content focus in Occupational Therapy Service Delivery. Completion of this course is recognized by the OT Oregon Licensing Board as 1.5 contact hours.



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