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Canadian Association of Occupational Therapists  
Association canadienne des ergothérapeutes

## CarFit Technician One on One Role

### About CarFit

CarFit is a national educational program supported by CAOT and CAA in Canada to teach drivers about person-vehicle fit.

### Technician Role

- CarFit Technicians assist CarFit Event Coordinators and Instructors at in-person CarFit events with drivers.
- Technicians who receive additional training conduct CarFit One on One, solo in-person check-ups with drivers.

CarFit Technicians play a critical role at in-person CarFit events, educating drivers by completing the 12-point CarFit checklist. CarFit Technicians work under the supervision of Event Coordinators or Instructors.

Reminder: to become a fully trained Technician you must complete on-line or in-person classroom training and training at an actual CarFit event. Virtual lab training is also offered in preparation for in-person training at CarFit events and to provide training when there are no local Event Coordinators or Instructors available. Only once you have completed Technician Training, then you can complete the Technician One on One training module.

**Critical information: CarFit must always be free for drivers. CarFit trained Technicians performing CarFit One on One cannot charge drivers for CarFit.**

Technician One on One Training will help you complete the CarFit checklist outside of group events. Examples of where that might be useful is, as an occupational therapist, seeing a client who drives, in the community. Also, as an occupational therapist, discharging a client from a facility to home, who drives. These are just 2 examples.



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Remember it is important to remain in contact with a trained CarFit Event Coordinator or Instructor if you are completing CarFit with drivers as a Technician One on One. If you do not have a local Event Coordinator or Instructor to contact, then remain in contact with the CarFit Program Coordinator. Their support is important to help you problem solve any difficulties you may encounter. You can also become Event Coordinator or Instructor trained.

### **Technician One on One Responsibilities**

- Coordinate and arrange to educate drivers, one on one, using CarFit.
- Assist CarFit participants (drivers) in reviewing and signing the CarFit Waiver and completing surveys.
- Review the 12-point CarFit checklist with participants (drivers).
- Recommend drivers to an occupational therapist in your community when needed for further supports.
- Continue to support in-person CarFit group events under the direction of a CarFit Event Coordinator.
- Promote CarFit priorities and goals.
- Stay current about CarFit.
- Consult the Canadian and American CarFit websites for program updates, additional resources and information.
- Report One on One solo events on the CAOT website under CarFit reporting.

### **Qualifications**

- Be able to demonstrate vehicle adjustments to drivers in the driver's vehicles. E.g., adjusting seat position, steering wheel position, mirrors, etc.
- Have good observational skills.
- Have good communication skills.
- Demonstrate good time management skills.
- Show good demeanor in addressing the potentially stress-provoking topic of driving.
- Be a licensed driver (current or past) in Canada.

### **Technician One on One Requirements**

- Have previously completed in-person or virtual Technician training.
- Complete virtual or in-person Technician One on One training.



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- Participate in one (1) CarFit in-person event, under supervision, when available, to be fully trained.
- All CarFit volunteers must identify to an Event Coordinator or Instructor when volunteering at an in-person event if they are participating in person for the first time or after a period of non-participation.
- Technicians can only offer in-person 1:1 CarFit if they have completed Technician 1:1 training and have the support of an Event Coordinator or Instructor or the CarFit Program Coordinator in Canada.
- Reminder that occupational therapists must complete Occupational Therapy Supplement Training in person or virtually to provide further recommendations about assistive devices as part of CarFit.

#### Ongoing

- Technicians, including Technicians who perform One on One, must complete yearly attestations, including completion of a refresher or supporting a CarFit Event, as well as abiding by the requirements and responsibilities of the program.
- Technicians who complete One on One, must report these solo events to CAOT.
- It is the responsibility of all CarFit volunteers to review current CarFit materials for their role prior to participating in CarFit events of any type.**

#### Additional Resources

- Visit the [Canadian CarFit website](#).
- Visit the [American CarFit website](#).