

Tips for Travelling with a Person who has Dementia **By: Nancy Bozak, Administrative Assistant**

We all enjoy a change of scenery and a break from routines. As Alzheimer's disease or other dementias progress, changes in abilities can make it difficult to get away. Careful planning will help you and your loved one manage the changes in surroundings and routines.

When planning to travel whether on a day trip or for an extended period of time, you may find yourself thinking about how to go about planning your trip, where you would like to travel to, and who you and your loved one will be travelling with.

Travel tips include;

Having a Plan

- Include the person with dementia in your planning. Give them a copy of the trip itinerary for their reference.
- If you are planning to visit friends and family, tell them about the changes since your last visit.
- Learn as much as you can about the place you will be visiting, so you can anticipate what you will need.
- Think ahead about activities that may need to be adjusted.
- Consider a holiday package, where everything is organized for you.
- Register the person with the Alzheimer Society's **MedicAlert® Safely Home®**. Members receive an engraved identification bracelet, which allows police and emergency responders to quickly identify a person who gets separated.
- Carry recent photographs, details of what the person is wearing, and preferred places of interest. This will help during a search if one is necessary.
- Keep a copy of the name and number of your hotel in a familiar spot in the person's purse or pocket, so they can ask for help if needed.

Simplifying

- Aim for as few changes in routine as you reasonably can.
- Try to get a direct flight.

Peterborough/Northumberland Office:

183 Simcoe ST, K9H 2H6 :
705-748-5131 or 800-561-2588,
Fax: 705-748-6174

Lindsay/Haliburton Office

55 Mary ST W, Suite 201, K9V 5Z6
705-878-0126 or 800-765-0515,
Fax: 705-878-0127

WEB SITE: www.alzheimer.ca/pklnh • EMAIL: info@alzheimerjourney.ca

CHARITABLE REGISTRATION NUMBER 12939 7980 RR0001

Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

- If you are travelling by car for a long distance, consider extending the time to get there and driving shorter distances each day.

Asking for Help

- If possible, have an additional person travel with you to help.
- Make sure that your travel agent is aware of any special needs.
- Inform the airline that you are travelling with a person with dementia. You may want to request early boarding, a wheelchair, transportation upon arrival, help getting on and off the plane or with stowing carry-on baggage.
- Request seating near washrooms.
- If you are staying at a hotel, let the staff know about your needs and explain some of the possible difficulties you think you might encounter

We hope that your travels lead you and your loved one to venture to new surroundings or to familiar childhood and/or family vacation destinations that continue to create memories of adventure, fun and relaxation.

For more information, visit: <http://www.alzheimer.ca/en/Living-with-dementia/Day-to-day-living/Driving-and-transportation/Travel>

Peterborough/Northumberland Office:

183 Simcoe ST, K9H 2H6 :
705-748-5131 or 800-561-2588,
Fax: 705-748-6174

Lindsay/Haliburton Office

55 Mary ST W, Suite 201, K9V 5Z6
705-878-0126 or 800-765-0515,
Fax: 705-878-0127

WEB SITE: www.alzheimer.ca/pklnh • EMAIL: info@alzheimerjourney.ca

CHARITABLE REGISTRATION NUMBER 12939 7980 RR0001