

TRAVEL TIPS WHEN TRAVELING WITH OLDER RELATIVES

- **Tell the doctor about travel plans. What records do you need to take? Do you need to get additional written prescriptions? Are their special precautions you should take with the loved one while traveling?**
- **Bring more medications than needed along with a list of drug names and dosages. Bring the original bottles and carry them in an easy to carry and find tote or bag. If traveling by air, bring all medications onboard with carry-on luggage. Be sure to also have the pharmacy telephone number where the medications are usually bought in case you need a prescription transferred to where you are traveling.**
- **Bring a list of all medical conditions. Take your relative's insurance card. Write the primary care doctor's phone and pager number on the health insurance card or somewhere easy to find. You can go to the web site www.familycaresonline.com/doc/important for a special form for your emergency information. The form can be completed and printed or just printed and filled out by hand. And easy reference of information.**

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- **Depending on needs, take an extra pair of glasses, sunglasses, extra pillow; or portable grab bar. If a wheelchair is used, have a maintenance check before the trip.**
- **Call the airlines the day before air travel and then tell airport and airline personnel if you will require a wheelchair or special seating. Generally, persons needing extra time are the first to board the aircraft.**
- **To ensure that a person's wishes are carried out if the person becomes disabled with a life-threatening illness, take a copy of advanced directives such as Medical Power of Attorney or Directive to Physician and Family or Surrogates ("Living Will") with you. Do you have these documents also prepared for you and all of your family members? You can get copies of these forms to complete from Area Agency on Aging by calling 211.**

By: Zandra Hilger, LPC, on behalf of Area Agencies on Aging Family Caregiver Education.