



10 Tips for Dementia Care While Traveling with a Loved One

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Senior Management Services

With the senior population growing each year, older Americans are embarking on a greater number of travel adventures with their families. Recognizing this trend, hotels and airports have begun to rethink and modify their services to meet this age group's changing mobility needs.

While that's great news for senior travelers, families of those with dementia need to do some rethinking of their own. By anticipating and planning for specific challenges, they can have a more memorable, enjoyable experience when traveling with memory-challenged seniors.

Our advice for dementia care when on the road or in the air:

1. Check with the physician of your parent or grandparent for approval to travel. Talk with the doctor about medications, vaccinations and physical limitations.
2. If your loved one lives in a retirement community, inform the manager of the upcoming trip so staff can help prepare him or her.
3. Avoid evening travel if possible as it can lead to heightened confusion and agitation.
4. If traveling by air, request special services (e.g. wheelchairs, specific seating and advance boarding) in advance.
5. Plan for special dietary needs. Be sure acceptable food will be on hand throughout your trip and carry snacks and nutritional supplements if necessary.
6. Pack prescriptions and medical documentation, i.e., Medicare and other insurance cards.
7. Give your parent a card listing your name and cell phone number in case you get separated. Be sure she or he has is carrying at least one form of ID.
8. Take a picture every morning so you can show how your family member with dementia is dressed if you should become separated.
9. Allow time for breaks and moving slowly from place to place. Arrive for flights earlier than usual.
10. Keep a daily routine, and try to maintain a schedule for medications, mealtime and rest time.

We hope these tips help you as you consider traveling with your loved or prepare for trips that have been planned.

This article is an excerpt from the article located here:

<https://www.countrymeadows.com/blog/10-tips-for-dementia-care-while-traveling-with-a-loved-one>

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