



Tips for Dementia Travel Local and Extended

I. Planning your trip

- A. Take COVID-19 precautions everywhere - wear a mask, practice physical distancing, and wash your hands or use hand sanitizer regularly / Check your destination for their requirements.
- B. Do you need someone else to drive? Consider using a cab, Uber, Lyft, mass transit and/or medical transport.

Here are some travel services:

- **RASP Volunteer Medical Rides**
651-604-3535
- **Metro Mobility:** 651-602-1111
- **(Metro) Transit Link:** 651-602-5465. This is shared rider service sponsored by the Met Council where regular route transit service is infrequent or unavailable.
- **Lyft:** www.lyft.com or smart phone app.
- **Uber:** www.uber.com or smart phone app
- **GoGo Grandparent** allows phone scheduling of rides in partnership with Uber and Lyft ride services.
Call: 855-464-6872 or go to www.gogograndparent.com
Rides can be pre-scheduled.
- Roseville A/D Program April 13, 2017: **To Drive or Not to Drive** video link: <https://youtu.be/J2z-iQCIdRM>

- C. Will you need a 2nd person to assist you with your **PWD (person with dementia)**?
If so, find-someone to help – family, friend, or a professional caregiver.
- D. Do you need to bring or rent a walker, cane, wheelchair, scooter or oxygen?
- E. Try to keep surroundings similar.
For example, when grocery shopping go to a store that is familiar to your PWD.
- F. Bring a current picture of your PWD or take a picture each day when clothing has changed.
(Smart phones are ideal for this.)
- G. Take a picture and save to your phone, and keep hard copies with you of:
Emergency Contact Cards, Travel Medical Forms, a list of your emergency contact(s) and COVID-19 vac card.
- H. Take a picture of Rx bottles so all information shows
(drug name, amount, frequency, pharmacy name and Rx number) or make a list of medications.
Also include a list of doctors and contact information.
- I. ID bracelet: You and your PWD may wear identification bracelets.
These may be engraved, USB (digitally stored data) and/or GPS-enabled (location finder) or registered with a medical alert program system.

II. Preparing for local/short trip.

- A. Allow extra time and plan to leave early.
- B. Set realistic expectations. Take into consideration the PWD energy level, mobility/gait, behavior, nutrition, medication, and toileting needs (ex.: Depends/absorbent underwear, monitoring fluids and frequent stops).
- C. Wear comfortable clothes, and comfortable and sturdy shoes.
- D. Have a backup plan and be flexible. This will assist both of you in remaining calm.
- E. Remember to bring your **Memory Minders: Travel Kit** which includes:
Care Travel Bag, Temperature-Sensitive Travel Bag and Document Travel Bag.
- F. Prepare for quiet/tranquil spaces. Consider bringing ear plugs and digital music and/or movies, and headphones to create a calming effect. **Memory Minders: A Kit for Caregivers** are available at Ramsey County Libraries as of Oct 16, 2018, and Ramsey County interlibrary loan.
They are designed to assist caregivers with interactive activities for people with 3 levels of memory loss. There are over 60 kits and each is unique. Brochure has details.

III. Preparing for a medical appointment

- A. Prepare a checklist of changes, concerns and accomplishments.
 - Check with your provider if a telehealth option is available and is right for you instead of in person.
 - If your PWD is driving, make sure to communicate any concerns you might have prior to the doctor's visit.
 - Bring medications in a bag - including supplements. If this is not convenient, bring a complete list or a photo of each of the meds on your smart phone.
 - Cite any changes in behavior and send details ahead of time to the clinic asking the doctor to address the concern(s) without identifying the source to keep things calm.
 - If traveling on an airplane or out of the US, get a medical travel letter to take with you from your primary physician (on letterhead and signed), describing your medical condition and what medicines you need.
- B. Always mention what is going well to wrap the appointment up on a positive note.

IV. Preparing for *Staycations* (dementia-friendly day trips near home).

- **Staycations** link www.silvercrestproperties.com/staycations
- PDFs of all 10 current **Staycations** are available for download from the above link.
- **E.g.:** Roseville- SEAQUEST / St. Paul- Como Zoo & Conservatory and U of MN Bell Museum.

V. Preparing for extended travel.

- A. For extended travel, include your PWD in the planning. Have a trip itinerary and share it with family or friends. Give one copy to your PWD. Consider packing a light bag of non-essentials for your PWD to carry so he/she will feel included and responsible.
- B. Prepare to be with your PWD constantly and consider having a travel companion (family, friend or agency care partner).
- C. Consider traveling shorter distances each day.
- D. Remember to bring your **Memory Minders: Travel Kit** which includes:
 - Care Travel Bag, Temperature-Sensitive Travel Bag and Document Travel Bag.
- E. Some considerations for airline travel.
 1. Go to the *Dementia-Friendly Airports Working Group* website with resources for travelers, advocates and industry <https://www.dementiafriendlyairports.com/resources-for-travel.html>
 2. Wear *The Hidden Disabilities Sunflower Lanyard*. For more info, watch "What is the Hidden Disabilities Sunflower?" 45-second video <https://youtu.be/09V-14KhXSk> or download the MSP airport info sheet https://www.dementiafriendlyairports.com/uploads/1/2/8/6/128660617/rad_travel_kit_sunflower_lanyard_info_sheet_v3_doc.pdf
 3. If using a travel agent, make sure she/he knows all special needs.
 4. Inform the airline that you are travelling with a PWD. You may request early boarding, a wheelchair, transportation upon arrival, help getting on and off the plane or with stowing carry-on baggage. Don't forget to make transportation arrangements to and from the airport.
 - Consider extra leg room, and what will give the PWD more comfort: window, aisle or middle seat. Being close to the lavatory may be a benefit or a disturbance.
 - Be aware of security needs such as pat down procedures, security required photo ID, liquids bag and TSA screenings. Tell the security gate agent your companion has dementia.
 - Keep travel letter and medical supplies inside your carry-on. If diabetic, carry your insulin and needles together in a clear, zippered bag. Keep the insulin cold with a cold pack in the bag.
 - If possible, limit air travel time to four hours or less. You know your PWD best.
- F. If you are staying at a hotel, let the staff know about the needs of your PWD and explain some of the possible difficulties you think you might encounter.
 - Consider bringing a portable door alarm or ask the hotel staff in advance if they have one.
- G. Determine emergency contacts and authorities for the various locations you will be visiting. Determine which authorities can help you find someone in various locations.
- H. Foreign language: Know how to say your medical condition(s) in the language of the country you are visiting & have them written on a 3x5 card (e.g. English: I am a diabetic / German: Ich bin Diabetiker)