



# A Plan For Senior Care's Guide To Traveling With Seniors

The holiday season is a wonderful time to travel with your loved ones. With the increase of travel during this season, you may have some concerns about travel safety. Use our guide to learn helpful information about how to make traveling safer and easier with your senior loved one.



## Travel Tips For Seniors:

- Consult with your loved one's doctor to ensure they are cleared to travel and ask their doctor for any traveling tips.
- Arrange for special services beforehand, such as wheelchair rentals and hotel accommodations.
- Plan for extra time getting through security checkpoints.
- Carry all necessary items (medication, food, incontinence products, etc.) in a carry on that will be with your loved one at all times.
- Pack lightly, preferably using a rolling suitcase that would be easy for your loved one to maneuver.
- During your travels, allow extra time for breaks for your loved one not feel overwhelmed and stressed.
- Research medical facilities at your final destination in case of an emergency (urgent care, hospitals, pharmacies).
- Bring necessary insurance cards, social security cards and medication list with you in case needed.
- Plan ahead for your loved ones special diet (diabetic, low sodium or whatever their need may be) on the airplane and at your final destination.

***If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. We will be happy to create a personalized care plan for your loved one.***