

Alzheimer's Travel Advice:

If your holiday plans require you to travel away from home or you are planning a summer get-a-way, here are some guidelines to follow to help your Alzheimer's loved one cope with the adventures of traveling:

- **Consult the doctor.** Your loved one's doctor will be able to give you advice on handling your loved one during the trip. They may also suggest a medication that can help control their anxiety for being in an unfamiliar location.
- **Pack comfort items.** Pillows, a favorite outfit, or pictures that your loved one enjoys at home are good things to bring along to help ease their worries of traveling.
- **Manage routine.** Keep enough time in the morning to allow yourself to remain patient with their daily routine. Stay consistent with meal times and bed times that you follow when you're at home. Keeping structure, even when on vacation is essential to someone with Alzheimer's.
- **Plan in advance.** Make sure you know your routes and whereabouts at all times, including hospital locations in case one is needed.
- **Flying.** If your loved one has never flown before, it is best that they not try now. If flying, make sure it is a short direct flight in the morning, bringing activities that will help your loved one to stay occupied. Also, consider flying on a day that is not as busy, large and loud crowds can disorient your loved one.
- **Carry-ons.** Hold onto boarding passes and brief medical history information and bring medications in a carry-on.
- **Identification.** Use a lanyard to attach the person's identification card to them or use their identification bracelet in case they wander off.
- **Driving.** Pull over frequently for rest breaks and if your loved one becomes agitated while you are driving, pull over to calm them down. It is easier and safer for you to comfort them if you are stopped than while driving.
- **Hotels.** It is better to stay in the same room, rather than get two adjoining rooms. Stay in a hotel that does not have glass sliding doors, your loved one may not realize that it is glass. Be sure to that all doors are secured and locked before going to bed.
- **Travel Checklist.** Please see our [Caregiver's Travel Checklist](#).