

# QUICK TIPS

## Travelling with Someone Who has Dementia

Whether you're planning a day trip, a weekend getaway, or a longer vacation, keep in mind that every person with dementia is unique. While some may travel fairly well in the early stages, others may find the change in routine and surroundings stressful or overwhelming.

Here are some practical tips to help make your summer travel more dementia-friendly:

### Before You Travel: Plan Smart

Talk to someone you trust. Join a caregiver support group (in person or online) where others understand the emotional rollercoaster.

- **Assess their current stage and needs** – Travel may be feasible in early stages, but becomes more difficult as dementia progresses.
- **Choose familiar or calm destinations** – Avoid busy, noisy, or overly stimulating places.
- **Shorter is better** – Aim for shorter trips and manageable schedules.
- **Stick with routine** – Try to maintain a similar waking, eating, and resting schedule as at home.
- **Have medical information ready** – Bring a list of medications, diagnoses, doctor contacts, and insurance info.

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- **Pack for comfort and safety** – Include favorite snacks, clothing, familiar items, ID, incontinence supplies, and medications.
- **Notify travel services** – Let airline, hotel, or transport staff know in advance about the situation.
- **Have a plan B** – Identify health services at your destination, and consider travel insurance.

### While Traveling: Stay Calm and Flexible

- **Avoid layovers and long travel days** – Direct, short travel is ideal.
- **Use identification** – Consider a medical alert bracelet or ID card with emergency contacts.
- **Have a calm travel buddy** – If possible, travel with another caregiver for backup.
- **Allow extra time** – Rushing can increase stress and confusion.
- **Bring comfort items** – Music, a familiar blanket, or photos can soothe and ground them.
- **Keep explanations simple** – Use reassuring, calm tones when answering repetitive questions.
- **Watch for fatigue** – Schedule breaks and don't overload the itinerary.
- **Ensure safety** – Lock doors or secure exits if wandering is a concern.

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### When Travel Might Not Be the Best Option

If your loved one:

- Is prone to wandering, confusion, or agitation in unfamiliar settings
- Needs significant support with daily living tasks (e.g., bathing, toileting, eating)
- Frequently asks to “go home” when away
- Shows increased anxiety or fear when routines change

Traveling with someone who has dementia requires more preparation and flexibility. With thoughtful planning, it can still be meaningful and memorable. Always prioritize their comfort, dignity, and safety, and trust your instincts.

Contact us for personalized support. **Bon Voyage and safe travels!**