Caregivers often have trouble deciding whether it is possible or worthwhile to travel with the person who has Alzheimer’s, Parkinson’s, MS or COPD. It will require a lot of advance planning and knowledge of local resources. The person may function at a much lower level in unfamiliar surroundings than at home.

You will be required to provide a great deal more support while traveling than you do at home. However, some trips are essential, while others may be for pleasure. You may choose to spend the extra energy to include the person in your care on the trip, and it is possible that both of you may enjoy many aspects of the experience.

**Traveling with Oxygen**

People who use oxygen have to take care to be prepared with enough oxygen to get them where they need to go. People with lung disease who don’t usually need oxygen may require it when traveling by plane because of the difference in air pressure on airplanes. All people with lung disease should speak to the doctor before traveling. The rules for air travel with oxygen change. Check with each airline to find out their requirements. A doctor’s permission to travel may be necessary when oxygen is needed. Some airlines allow the use of a portable oxygen concentrator on the plane. If the person in your care uses an oxygen concentrator, be sure to have extra oxygen prescriptions and extra batteries. If there is a layover between flights, you may want to arrange for oxygen to be available from a local company; your oxygen distributor usually will help with this.

This issue deals with normal travel – it does not address special travel restrictions that might apply to the Coronavirus (COVID-19). Seek travel advice from public health authorities and your personal doctor.

**Travel and Living Wills**

If a person becomes disabled with a life-threatening illness while traveling, the medical personnel in foreign countries may not accept the validity of an advance directive. If a person is traveling and has an illness that requires breathing devices or other life-prolonging treatments, it may be impossible to end the treatment without a medical evacuation back to the U.S. Take health-care directive documents with you and let other traveling companions know where they are packed.

Article continues on page 2
Traveling with Medications

Traveling with medications should not stop you and your care receiver from enjoying travel in the U.S. and abroad. Some tours or cruise lines require a note from the doctor stating that the person is fit to travel. Medication tips:

- Bring enough medication to last through your trip plus some extras.
- Pack your meds in a carry-on bag—luggage can stray or become lost.
- Keep all medication in original containers with original prescription labels.
- Make a list of the medications the person takes, and why, with brand and generic names. Make a copy and pack one copy separately.
- Make arrangements for refrigerating medications, if needed.
- If intravenous medication is used, carry a used-needle container.
- Bring the person’s insurance ID card, plus instructions for accessing a physician where you are going.
- Bring the doctor’s name and contact information, in case of emergency.

Checklist - Travel with a Chronic Condition

✔ Let the person’s primary care doctor know of your travel plans.
✔ Request a wheelchair for the person in your care, even if they don’t use one at home. Not only will it prevent fatigue, but wheelchair-users are usually fast tracked through security.
✔ Use a Medic-Alert identification bracelet for the person in care.
✔ Have the person in your care carry a “traveling with” card in their wallet, with your name and cell phone number on it.
✔ Inform the TSA Officer before the manual pat-down begins if the person in your care has an ostomy bag. Passengers are not required to remove or expose their ostomy bags at TSA checkpoints.
✔ Read his insurance policy to see how “emergency” is defined.
✔ If medical care is needed during the trip, get copies of all bills to support claims for reimbursement.

For information about service animals or other requirements of the Americans with Disabilities Act (ADA), call the ADA Information Line at 800-514-0301 (voice) or 800-514-0383 (TDD). Visit, http://www.ada.gov/service_animals_2010.htm
The mission of the Johnson County Area Agency on Aging is to advocate for and assist older adults in maintaining their independence and dignity through community-based services.

The Area Agency on Aging sponsors services to support non-paid caregivers of frail older adults who need services to maintain independent living.

If you are a caregiver and need help, contact the Johnson County Area Agency on Aging (AAA) Information Specialists at 913-715-8861.

The AAA works with community-based organizations to provide services for caregivers. These services are funded under the Family Caregiver Support Program (FCSP). There is no fee to the caregiver for these services but donations are appreciated.

FCSP Services may include:

- Caregiver Training
- Respite Care
- Supplemental Services – These services, attendant/person care, bathroom items, chore, homemaker, flex, repair/maintenance/renovation, transportation, are provided on a limited basis to complement the care provided by the caregivers.
- Services may also be available for Grandparents or Relative Caregivers.

HELPFUL WEBSITES:

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<thead>
<tr>
<th>Johnson County Area Agency on Aging (AAA)</th>
<th>Family Caregiver Alliance</th>
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<tr>
<td><a href="http://www.jocogov.org/hsd">http://www.jocogov.org/hsd</a></td>
<td><a href="http://www.caregiver.org">www.caregiver.org</a></td>
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<tr>
<td><strong>Aging &amp; Accessibility Directory</strong></td>
<td><strong>National Institute on Aging</strong></td>
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<tr>
<td>AAA publications and directories</td>
<td><a href="http://www.nia.nih.gov">www.nia.nih.gov</a></td>
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<td><strong>AAA Caregiver Support</strong></td>
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<tr>
<td><strong>Kansas Department for Aging and Disability Services (KDADS)</strong></td>
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<td><strong>Kansas Caregiver Guide</strong></td>
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Taking Care of Yourself — Interoception - One of the 8 Senses

Most people know the five senses, but did you know there are three more?

“Interoception” is one of eight senses. It’s our awareness of our internal experience, telling us when we are hungry, thirsty, and telling us about our emotions.

Interoception Awareness exercises can help us tune in to our emotions and physical needs, like how much we need to eat, or when we should go to the bathroom.

To develop your interoception awareness, spend a few minutes each day moving a body part and noticing how it makes that part or another body part feel.

For example:

- Rub your belly. How does your bladder feel?
- Lift your feet onto your tiptoes. How does this make your toes feel?
- Exhale loudly. How do your lungs feel?

After a few weeks of doing this daily, you may have an increased awareness of how you are feeling and what your body needs.

Source: www.kelly-mahler.com

Live Life Laughing!

If you think you are too small to make a difference you have not slept with a mosquito!

Inspiration

“Humor is what happens when we’re told the truth quicker and more directly than we’re used to.” — George Saunders

Memory Care - Keep it Light!

In Alzheimer's care, avoid changes in daily routine as much as possible and travel at the time of day when the person is normally the most relaxed. Allow extra time for travel and rest, without too many activities.
The Aging Network

As a result of 1973 amendments to the 1965 Older Americans Act, federal funding is provided for a network of agencies to coordinate services for the growing population of older Americans. This network includes the federal Administration for Community Living (ACL), state administrative units on aging, more than 655 nationwide Area Agencies on Aging (AAA), and thousands of community-based senior centers and nutrition sites.

The Kansas Department for Aging and Disability Services (KDADS) is the state administrative unit that oversees the operation of 11 state AAAs. Although most AAAs are private, not-for-profit agencies operating in multiple counties, the Johnson County AAA is a public not-for-profit operating as a unit of Johnson County Human Services.

For detailed information, visit www.jocogov.org/hsd.

Aging and Disability Resource Center

The Area Agency on Aging hosts your local Aging and Disability Resource Center (ADRC), where people can turn for information, assistance, and a single point of entry to public long-term support programs and benefits. ADRCs provide unbiased, reliable information and options assistance to persons eligible for Medicaid Home and Community-Based Services (HCBS) for Frail Elderly, Physical Disabilities and Traumatic Brain Injuries, as well as assessment services for persons considering a move to a nursing facility.

Receive services or be of service. Both are easy!

Begin receiving aging services. To learn more about any of the services provided through the Johnson County AAA, call an aging information specialist at 913-715-8861.

Become a volunteer. Consider joining the network of dedicated volunteers who help senior adults live in the Johnson County community with independence, dignity, and hope. Volunteers may choose activities that meet their interests and time schedules. The AAA’s priority volunteer program is Meals on Wheels. Call the coordinator of Volunteer Services at 913-715-8859 to learn more or to become a volunteer.

Area Agency on Aging
11811 South Sunset Drive, Suite 1300, Olathe, KS  66061-7056
913-715-8800 phone    913-715-2285 Fax
www.jocogov.org/hsd
AAA Programs

- **Aging Information and Assistance.** Aging information specialists provide timely, updated facts about aging issues and services over the phone, through email, or in person by appointment.

- **Publications about Aging.** A variety of print and electronic materials provide important information of interest to senior adults and family caregivers.

- **The Best Times**, a quarterly newsmagazine, is available to Johnson County residents 60 and older. The Best Times provides vital information about aging services, programs, organizations, activities, and issues. The publication is also available online. Contact 913-715-8930 concerning subscriptions.

- **Caregiver Support.** Services to support non-paid caregivers of frail older adults who need services to maintain independent living.

- **Homemaker/chore programs.** Ongoing assistance with the upkeep and cleanliness of the home, shopping, and occasional heavy-duty cleaning are available through these programs.

- **Medication management.** Nurses visit private homes regularly to setup medications and monitor their use.

- **Assessment.** An in-home meeting with a potential client to determine needs for services. Additional assistance may be provided to coordinate multiple services if needed.

- **Nutrition Services.** Adults 60 and older in Johnson County have three dining options, based on their needs and preferences. Each meal provides a minimum of one-third of the daily nutritional requirements.

  - CHAMPSS: A senior dining option to augment meals at Senior Nutrition Centers, CHAMPSS provides greater time flexibility and more extensive menu selections at local grocery stores. Call 913-715-8894 for information regarding enrollment.

  - Meals on Wheels: Volunteers deliver nutritious meals Monday through Friday to senior adults who are homebound.

  - Senior Nutrition Centers: Nutritious meals are served at 11:30 a.m. five days a week at six centers. The centers offer friendship, education, fitness, and opportunities for socializing. See locations on the back of this brochure.

- **Legal services.** Seniors receive access to legal consultation and representation, education, and assistance with access to government benefits.

- **Personal care.** Attendants help senior adults with bathing, grooming, and other personal care.

- **Respite care.** An in-home substitute caregiver or adult day care can provide temporary relief for non-paid caregivers.

- **A private pay care management service** is offered through the ADRC. This service assists those who need help in setting up services for seniors in Johnson County.

For information on programs call 913-715-8861
Safety Tips—Travel Emergency Support

In the event of an emergency abroad, contact American Citizen Services (ACS) in the foreign offices of American consulates and embassies.

American Citizens Services will assist with:

- lists of doctors, dentists, hospitals, and clinics
- informing the family if an American becomes ill or injured while traveling
- helping arrange transportation to the United States on a commercial flight (must be paid by the traveler)
- explaining various options and costs for return of remains or burial
- helping locate you, the caregiver, if you are traveling when a family member becomes ill

Source: Travel.State.Gov
https://travel.state.gov/content/travel/en/international-travel/emergencies.html
QUICK QUIZ

Even though U.S. hotels, transportation, and cruise ships sailing in U.S. waters are required to be ADA-compliant, don’t assume that the foreign equivalent will also be compliant. Answer True or False to the questions below.

1. The person in your care may function at a much lower level in unfamiliar surroundings than at home.
   T F

2. People who use oxygen have to take care to be prepared with enough oxygen to get them where they need to go.
   T F

3. If a person becomes disabled with a life-threatening illness while traveling abroad, the medical personnel may not accept the validity of an advance directive.
   T F

4. A doctor’s permission to travel may be necessary when oxygen is needed.
   T F

5. Passengers are required to remove or expose their ostomy bags at TSA checkpoints.
   T F

6. Request a wheelchair for the person in your care. It will prevent fatigue and wheelchair-users are usually fast tracked through security.
   T F

7. Avoid changes in daily routine as much as possible and travel at the time of day when the person is normally the most relaxed.
   T F

8. If a person is traveling and has an illness that requires breathing devices or other life-prolonging treatments, it may be impossible to end the treatment without a medical evacuation back to the U.S.
   T F

9. People with lung disease who don’t usually need oxygen may require it when traveling by plane because of the difference in air pressure on airplanes.
   T F

10. In the event of an emergency abroad, contact American Citizen Services (ACS) in the foreign offices of American consulates and embassies.
    T F

Name ________________________________

Signature _____________________________ Date ________________