



## Traveling with Dementia and Alzheimer's

When traveling with an individual with cognitive disabilities, planning is essential to ensure safety and enjoyment for everyone involved. Familiarity and routine **are important for patients with Alzheimer's and dementia**. Disruption in their routine can result in stress and unexpected or undesirable behavioral consequences.

If traveling is essential, follow these tips:

- **People with dementia and Alzheimer's** should never travel alone.
- Always check with **the individual's** healthcare provider to ensure that travel is appropriate.
- Understand the need for quiet time.
- Prepare a support network, including healthcare professionals, at destination.
- Choose best travel time for person with illness.
- Be prepared for wandering by having your loved one wear an ID bracelet, and consider registering them with a 24-hr emergency response service.
- Pack **important documents including doctors' names and contact information, list of medications and dosages, photo id of the person with dementia, and photocopies of important legal documents** in carry-on luggage.
- Contact the airline, in advance, if any special accommodations would be helpful, such as a wheelchair and services of an airline employee. Keep in mind that even when being helpful and offering accommodations, airline and other travel industry employees are not dementia experts and may not know how to respond in certain situations.