

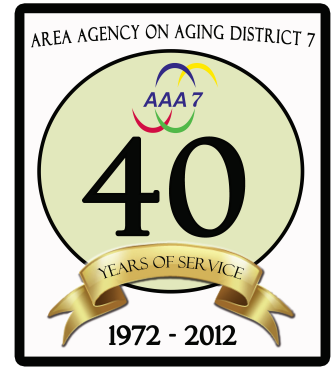
Caregiver Assistance News

"Caring for You - Caring for Others"

Area Agency on Aging District 7, Inc.

*Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike,
Ross, Scioto and Vinton Counties in Ohio*

www.aaa7.org **Helping You Age Better!**



JULY 2012

Traveling with Alzheimer's Disease

Special Occasions and Special Challenges

Caregivers often have trouble deciding whether it is possible or worthwhile to travel with the person who has Alzheimer's disease (AD). 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. Time changes, language, and strange people may cause distress.

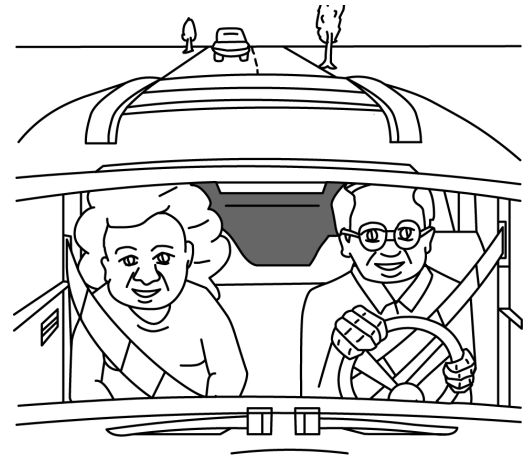
You will be required to provide a great deal more support while traveling than you do at home; however, some trips are essential, while others may be for pleasure. You may choose to spend the extra energy to include the person in your care on the trip, and it is possible that both of you may enjoy many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

People with dementia are very sensitive to the environment they live in. They are less able to handle changes. Being in a strange place may cause agitation. Even a positive event, such as a wedding, can feel overwhelming to a person with Alzheimer's disease, and can lead to agitation. It is important

to evaluate the person's environment to see if it is causing problems that may be adding to the agitation. Don't forget that what used to bother the person before they had AD, probably still will.

Can You Be Flexible?

Can you be flexible and change the arrangements at the last minute? Even the best of plans may need to be changed, or canceled entirely, if symptoms of the illness interfere. The person with dementia may become too agitated, behave inappropriately, or be unable to be ready in time to go, perhaps making you miss the event as well. If it turns out that it is not possible to include the person with dementia, can you accept



this as a result of the symptoms of the illness and not be angry?

NOTE

People with dementia can be unpredictable. They do not do this on purpose. A plan that seems to make perfect sense may turn out poorly. This doesn't mean that you made a mistake.

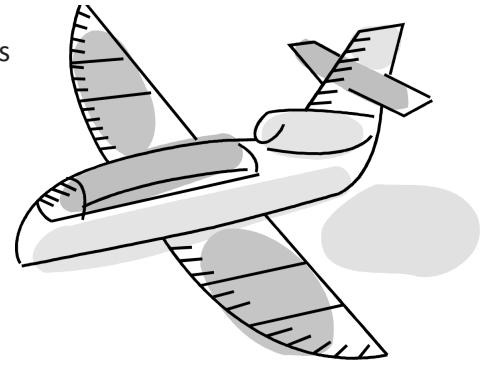
Living Will - Take a copy of the Living Will, which spells out a person's wishes about medical care, on the trip. Inform other traveling companions about where it is packed.

AD Affects More Than Memory - Sometimes, a person with AD complains of the heat and removes their clothing in public. Best response is to try to fix what might have led to the undressing. If the person is hot, offer cooler clothing. For chronic undressers, try putting clothes on backward (buttons or zippers in the back), or buy special clothing that is hard to remove. Explain to onlookers that it's the disease at work.

12 Tips for Navigating Airport Security

Having Alzheimer's doesn't automatically rule out air travel; however, advance planning is essential for a smoother trip. With that in mind, here are a few things to keep in mind as you head through the airport security checkpoint.

1. **Arrive early** to allow plenty of extra time to move through security.
2. **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.
3. Have the person in your care carry a **"traveling with" card** in their wallet with your name and cell phone number on it.
4. **Canes and walkers** are allowed through security checkpoints, but they will be inspected thoroughly by security personnel.
5. **Medications** may be visually inspected instead of being x-rayed; however, you must request this before the screening process begins.
6. **Liquid medications** are allowed through the security checkpoint; however, if they are over three (3) ounces, they must be declared to the Transportation Security Administration (TSA) Officer before the screening process begins.
7. Passengers are not required to remove their **shoes** if their disability prevents them from doing so; however, they will be subject to a manual pat-down.
8. Passengers who can't walk or go through the metal detector will be given a manual pat-down. These passengers have the right to a **private screening** and to have a companion present during that screening.
9. Passengers are not required to transfer from their wheelchairs for **manual pat-downs**, but they will be required to lean forward. Make sure and inform the TSA Officer if the person in your care has difficulty moving or has sensitive or sore areas.
10. 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.
11. If you're picking up or dropping off someone with Alzheimer's at the airport, make sure to **obtain a gate pass** at the check-in counter. This will allow you to pass through the security checkpoint and access the gates.
12. Additional information about security screening policies and procedures for disabled passengers may be obtained by calling the **TSA Cares Hotline at (855) 787-2227**.



*Information provided by Candy Harrington who has covered accessible travel exclusively for the past 16 years. She's the editor of EmergingHorizons (www.EmergingHorizons.com), and the author of several accessible travel titles, including the classic *Barrier-Free Travels: A Nuts and Bolts Guide for Wheelers and Slow Walkers* (www.barrierfreetravels.net). She also blogs about accessible travel issues at www.barrierfreetravels.com.*

"Patience is the companion of wisdom." - St. Augustine

Taking Care of Yourself Planning a Trip

When you anticipate problems, you reduce the chance of emergencies that can spoil a vacation. There is the physical and mental strain of traveling, overexertion by hustling to catch a train, over-eating, and family conflicts.

Plan the schedule at the time of day when you and the person are at their best. A person with Alzheimer's is more inclined to wander in unfamiliar places. Register with your local Alzheimer's Association's Safe Return Program before the trip. During the trip:

- **Maintain daily routine** by having meals, showering and waking up and going to bed at the same time.
- **Take familiar items**, such as a favorite pillow and clothes.
- **Have water and snacks** readily available.
- **Always secure the bedroom door** during your stay.
- **Avoid busy and noisy places**, even relatives with bustling households.



Consider a short trip first to better understand how the person - and you - are able to cope before committing to a long trip.

Care and Support Workshop for Family Caregivers - August in Adams County

"What Families Need to Know...When the Diagnosis is Alzheimer's Disease or Related Dementia"

Caring for someone with memory loss is a 24-hour-a-day challenge. This series of educational sessions provides a special opportunity for families to learn and share together in an informal setting. Topics are presented by experts in their respective fields.

Two-Part Series: August 20 and 27 from 1:00 pm - 4:00 pm
Adams County Regional Medical Center, 2nd Floor Conference Room, 230 Medical Drive, Seaman, Ohio (Adams County)

The program is free of charge, but reservations must be made in advance. For more information, call the Alzheimer's Association of Greater Cincinnati at 1-800-272-3900.

Mark Your Calendar!

Medicare Check-Up Days Coming This Fall!

Adams County

November 5th at 10:00 am - Adams County Senior Center, West Union

Brown County

November 7th at 10:00 am - Adams Brown Community Action, Georgetown

Gallia County

October 17th at 10:00 am - University of Rio Grande, Rio Grande
BY APPOINTMENT ONLY - Call 1-800-582-7277, ext. 224 (Kristy Bowman)

Highland County

October 18th at 9:30 am - Heartland of Hillsboro, Hillsboro

Jackson County

November 26th at 9:00 am - Jackson One Stop Tech and Training Center, Jackson
BY APPOINTMENT ONLY - Call 740-286-4181, ext. 343 (Nan Miller)

Lawrence County

November 27th at 10:30 am - Southern Branch Library, South Point

Pike County

October 22nd at 10:00 am - Bristol Village, Waverly

Ross County

November 16th at 10:00 am - Ross County Senior Center, Chillicothe
BY APPOINTMENT ONLY - Call 740-773-3544

Scioto County

December 3rd at 10:00 am - United Scioto Senior Activities (USSA), Portsmouth
BY APPOINTMENT ONLY - Call 1-800-582-7277, ext. 250 (Kristy Bowman)

Vinton County

December 4th at 9:00 am - Vinton County Senior Center, McArthur

For more information, call the AAA7 at 1-800-582-7277, extension 250

Live Life Laughing



A truly happy person is one who can enjoy the scenery on a detour.



Area Agency on Aging District 7, Inc.

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Your local Area Agency on Aging District 7, Inc. serves the following counties in Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

Services are rendered on a non-discriminatory basis. Those interested in learning more about the services provided through the

Area Agency on Aging District 7 can call toll-free at 1-800-582-7277. Here, individuals can talk directly with a nurse or social worker who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency can also be reached via e-mail at info@aaa7.org.

Will Someone with Alzheimer's Enjoy Being at an Event?

If you think that the person will be able to enjoy being present, even if they do not understand exactly what is happening and do not recognize the other guests, the experience may still be enjoyable.

Checklist for safety and comfort:

- *Will there be a place to rest or take a break from the activity?*
- *Will the behavior of the person with Alzheimer's interfere with the experience of others?*
- *Will it be necessary to stay at a hotel or the home of a family member?*
- *Will adaptive devices such as a raised toilet seat or commode be available?*
- *Will the person wander around or wake up in the middle of the night and disturb others?*
- *If the person cannot walk, is the bathroom wheelchair accessible?*
- *Is there a ramp or an elevator for people who cannot climb steps?*

