

# 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!**

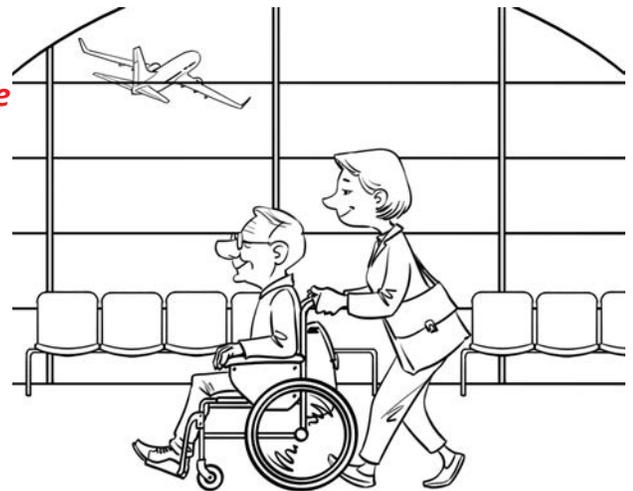


**JUNE 2020**

## **Travel with a Person with a Chronic Condition**

***Please Note: The articles in this issue deal 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.***

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.

### **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.

## 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 for Traveling with a Person 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 your 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 their 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](http://www.ada.gov/service_animals_2010.htm)*

## Memory Care

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.

## Interested in a Telephone Support Group for Caregivers?

The Caregiver Support Program at the Area Agency on Aging District 7 is offering a free telephone support group for caregivers. Next Call: July 16th from 1:30 pm - 2:30 pm

If you are interested, please call Vicki Woyan for more details. Vicki can be reached at:

**1-800-582-7277, extension 215 or you can  
e-mail [info@aaa7.org](mailto:info@aaa7.org).**



# TAKING CARE OF YOURSELF

## Interoception - One of Eight 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](http://www.kelly-mahler.com)



## Fresh Fruits and Vegetables!

Would you like to receive \$50 in coupons to purchase fresh fruits and vegetables at local Farmers’ Markets or roadside stands? Coupons remain available for the following counties in the AAA7’s district: Adams, Brown, Gallia, Highland, Jackson, Pike and Vinton.

Visit the Area Agency on Aging District 7’s website at [www.aaa7.org](http://www.aaa7.org) to see if you qualify and to obtain an application.

Or call 1-800-343-8112 to request an application.

## Census 2020: Everyone Counts

This year, there are four options to completing the Census - online, by phone, by mailing a paper questionnaire, or by responding in person. Depending on how likely your area is to respond online, you have either received an invitation encouraging you to respond online, or an invitation with a paper questionnaire. These invitations were sent from the Census Bureau starting in March. Additional reminders have been sent since to encourage participation. There is still time to complete your Census if you have not yet done so!

Participating in the Census is a part of our civic duty and important to make sure our district has fair representation and appropriate funding based on our population. For more information, log onto [www.census.gov](http://www.census.gov) or call 1-800-923-8282



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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 trained Resource Specialist 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](mailto:info@aaa7.org).*

## **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](http://Travel.State.Gov)*

*<https://travel.state.gov/content/travel/en/international-travel/emergencies.html>*