

## **Tips for Air Travel with person with dementia**

Many people with dementia enjoy travelling, but as the disease progresses, both they and their caregivers may find it becomes increasingly difficult. These tips could help make your next air travel experience as stress-free as possible.

### **1 BOOK A NON-PEAK, NON-STOP FLIGHT**

Avoid crowded airports, overbooked flights, flight delays, and long line-ups by aiming for off-peak travel: Monday afternoon through Thursday morning. Book a direct flight if you can: it eliminates the hassle of navigating another airport.

### **2 CAN'T GET A DIRECT FLIGHT? CHOOSE A LONGER STOPOVER**

Waiting can be frustrating, but it's better than missing your connecting flight. Flight delays and long treks between boarding gates can make short stop overs a bad idea

### **3 ALERT THE AIRLINE OF YOUR SPECIAL NEEDS...**

When you book, or within 48 hours of departure, request a wheelchair (it's free) even if it isn't technically necessary. The perks: your own airport escort, faster security screening, eligibility for pre-boarding, all of which make for a better experience for people with dementia.

### **4 HAVE THE NUMBER FOR AIRPORT MEDICAL SERVICES HANDY**

Google the contact info for the Airport Medical Services at both airports and programme them in your phone or write them down on a reference card in case of an urgent matter.

### **5 MAKE A DETAILED ITINERARY**

Include flight dates, times and numbers, lodging details, and any planned activities. Give copies to emergency contacts back home, and take a copy in your purse or carry-on.

### **6 PACK EVERYTHING YOU NEED IN YOUR CARRY-ON (NOT CHECKED BAGGAGE)**

- Detailed travel itinerary
- ID and legal documents (power of attorney, living will, insurance information)
- Medications (Make a list with doctor contact info)
- Emergency contacts,
- Water, non-perishable snacks, activities/books
- Plastic bag and change of clothes for your traveling companion

### **7 DON'T BE SHY.**

Tell airport employees, security/immigration screeners, and flight staff that your travelling companion has dementia, to improve understanding.