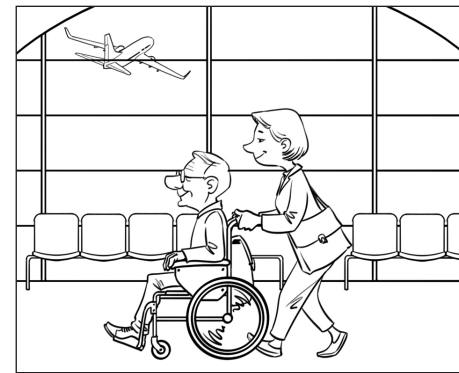




### Traveling with Medications

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.



### 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](http://www.kelly-mahler.com)



### 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](http://www.ada.gov/service_animals_2010.htm)

### 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.