

MAPLEWOOD

Senior Living

TRAVELING WITH A LOVED ONE WHO SUFFERS FROM DEMENTIA

Traveling with someone suffering from dementia can be challenging at best. Depending on the stage of dementia, it is sometimes advisable to forgo travel altogether. However, people in earlier stages of dementia may still enjoy travel with the following accommodations:



PLANNING

Research your travel destination ahead of time. Avoid locations like fairs and theme parks with large crowds, disruptive or loud noises, and environments where you could become separated from your loved one.

REALISTIC EXPECTATIONS

Even if your loved one is functioning well at home, keep in mind that they are used to familiar surroundings but may become disoriented in a new environment. Changes to the environment can cause confusion, frustration, and stress. Understanding this will help give you the patience needed to adjust them slowly to the new environment and make your trip more enjoyable.

GO AT THEIR PACE

Plan to keep your itinerary light and easy. Don't overload your schedule. This will cause fatigue that may lead to more confusion and frustration.

IDENTIFICATION

Make sure you have an updated photo of your loved one and consider creating an ID bracelet with your contact information in case you become separated. Don't assume your loved one will remember how to reach you.

MEDICATION

Be sure to pack medication and plan to be in a convenient location to give them at regularly scheduled times.

STAY TOGETHER

Don't plan to leave a loved one with dementia on their own, even in a hotel room. Your absence and the new environment may cause fear and confusion and could lead them to venture on their own in search of help.

BE PREPARED

Before heading out for the day, make sure you pack a special travel bag that you can easily transport containing medications, a change of clothing, water, and incontinence supplies if needed.

TRAVEL IS NOT ADVISABLE IF SOMEONE EXHIBITS THE FOLLOWING BEHAVIORS:

- They have ever wandered.
- They have hallucinations or aggressive behavior.
- They become more fearful or agitated in unfamiliar environments.
- They cannot manage their own incontinence.
- They're prone to falling.

If you would like more information, please contact a Maplewood Senior Living community. Our knowledgeable staff of professionals understands and is here for you and your loved ones throughout the journey.

203.557.4777 | [MaplewoodSeniorLiving.com](https://www.maplewoodseniorliving.com)

Connecticut: Bethel, Danbury, Darien, East Norwalk, Newtown, Orange, Southport

Massachusetts: Brewster, Weston, West Yarmouth

New Jersey: Plainsboro | **Ohio:** Chardon, Cuyahoga Falls, Twinsburg

