

Traveling with Parkinson's

Traveling with a progressive and complicated disease can be a daunting task but there are small things you can do before traveling to ease your worries and ensure you are prepared for anything on your trip!

Plan Ahead:

- Ask your neurologist for the name of a doctor in the area you are traveling to that you can use in the case of an emergency
- Plan to rest the day before your trip and the day after you travel to ensure you have plenty of energy
- Bring a copy of your doctor's name and contact information as well as prescription names and schedule

Medication Management:

- Bring your Hospital Safety Guide with you. If you need one, visit this website to learn more and to order your guide:
<https://www.parkinson.org/resources-support/hospital-safety-guide>
- Carry medications in original bottles
- If flying, keep all medications and the Hospital Safety Guide in your carry on bag
- If you are changing time zones, be sure to continue to take your medications at the same time intervals

Take Advantage of Resources:

- Call ahead to airlines/airports, hotels, cruise lines, and any other accommodations you may be using to discuss accessible options available to you

Available Travel Accommodations

Airports:

- When you arrive at the airport, you can request transport assistance in a wheelchair if you aren't bringing your own at the ticket counter
- If you have medical devices, you can request a private security screening at the ticket counter
- TSA Pre-Check - this service can make the security screening process smoother and faster. TSA Pre-Check usually means shorter lines and wait times and limits what all you have to do at the actual security check point.

Airlines:

- The limit of one carry on bag does not apply to medical devices
- Personal care assistants of passengers are allowed past TSA checkpoints
- Assistive devices such as canes and wheelchairs are permitted on board
- Any scooters or wheelchairs require a physician's written "certificate of need"

Hotels

- When you book your room, be sure to book an ADA Accessible room. If you need assistance with this, call the hotel directly and clearly state all of your needs

Cruise Lines:

- Rent assistive devices through your cruise line and the devices are then delivered directly to your room - call your cruise line directly for options
- Book an accessible or modified room on your cruise - call the cruise line directly for assistance with booking
- Check the accessibility of all excursions. If none are accessible, contact a travel agent for assistance with finding and booking accessible excursions