

Before You Go: Planning Assessment Tool - Page 1

Instructions: At least 3-6 months before your upcoming travel/visit, please evaluate the following areas

Destination	<ul style="list-style-type: none"> -Home -Single location -Multiple locations 	<p>Will multiple locations add to confusion?</p>
Duration of Trip/Visit	<p>How many days?</p>	<p>How long can the affected person tolerate being away/having guests? How long can the care partner tolerate being away/having guests?</p>
Type of Trip/Visit	<ul style="list-style-type: none"> -Visit with family/friends -Group tour (Bus/train) -Bus tour -Cruise -Road trip 	<p>When was the last time you/your person had this type of trip? How will you/your person do now? Can the travel vendor accommodate your person's needs?</p>
Mode of Transportation	<ul style="list-style-type: none"> -Airline -Train -Bus -Car -Cruise -Multiple 	<p>How will you/your loved one manage this transport? What length of time is your loved one able to be seated during travel? Can your person's needs be managed using the chosen transportation?</p>
Lodging	<ul style="list-style-type: none"> -Hotel -Cruise -AirBnB/VRBO -Family/friends home -Multiple 	<p>Will there be added stress/ confusion with multiple/new lodging?</p>
Change in Your Person's Cognition/Physical Function in past 6 Months**	<ul style="list-style-type: none"> -No change -Mild changes -Notable changes -Significant changes 	<p>**This is often an indication of the expected rate of change in the next 6 months</p>
The Person's Daily Routine During Travel	<ul style="list-style-type: none"> -Routine can be maintained -Minor changes expected -Frequent changes expected -Routine cannot be supported during travel 	<p>Have you communicated to family, friends or travel vendor the needed support for your person's routine? Are family, friends, travel vendor able/willing to adapt/support the needed routine?</p>
Safety Concerns	<ul style="list-style-type: none"> -None -Prone to wander -Prone to misplacing/losing things -Easily upset/agitated/anxious -Cannot follow/comply with travel restrictions/commands 	<p>Do you use a GPS locator/registered with MedicAlert Safe Return? Can you provide distractions to calm upset/anxiety? Are you able to assist your person with emergency instructions or travel precautions?</p>

Before You Go: Planning Assessment Tool - Page 2

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Added Accessibility	<ul style="list-style-type: none"> -None -Wheelchair -Walker -Oxygen -Other medical equipment 	<p>Will you need to bring along?</p> <p>Can you arrange for medical equipment/medications at your destination?</p>
Affected Person's Health	<ul style="list-style-type: none"> -Healthy – no concerns -Well controlled conditions that I can manage during travel -Some health/behaviors that I am concerned about managing during travel -Person's healthcare provider advises against travel 	<p>Have you consulted your person's healthcare provider 3-6 months prior to upcoming travel?</p> <p>Have you discussed changes in medication regime during travel with your healthcare provider?</p> <p>Will there be any needed vaccines?</p> <p>Prescription renewals?</p>
Care Partner Health	<ul style="list-style-type: none"> -Healthy – no concerns -Well controlled health conditions -Concerned about own health during travel -Healthcare provider advises against travel 	<p>Have you consulted your healthcare provider at least 3 months prior to your trip?</p> <p>Have you discussed changes in medication regime during travel with your healthcare provider?</p> <p>Will there be any needed vaccines?</p> <p>Prescription renewals?</p>
Added Travel Support	<ul style="list-style-type: none"> -None needed -Family/friends informed; supportive Companion will be needed 	<p>Have you updated family and friends about your person's condition and needs?</p> <p>Are they willing to support you and your loved one?</p>
Include Your Person in Planning	<ul style="list-style-type: none"> -Yes, can participate -Becomes anxious with talk of travel/visits -Begins to ask repeated questions about trip/visit -Refuses to go on trip/visit 	<p>Have you observed your person's reaction to your discussion of an upcoming trip or visit?</p>
Trial trip	<ul style="list-style-type: none"> -None needed -Staycation in town with eating out/visiting other places during the day -Short road trip within your state -Short air travel with same day return -Short air travel with overnight stay 	<p>Will a trial trip assist you to prepare for a longer trip?</p>
In Case of Emergency	<ul style="list-style-type: none"> -Able to access health care at the destination -Have access to someone who can assist with back up plans -Have obtained added travel health insurance -No emergency plan in place 	<p>Can you safely travel alone with your person should an emergency occur?</p> <p>Will you notify family/friends of your travel plans and how they can connect with you throughout your trip?</p>