

### Before You Go: Planning Assessment Tool - Page 1

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

<b>Destination</b>	<ul style="list-style-type: none"> <li>-Home</li> <li>-Single location</li> <li>-Multiple locations</li> </ul>	<p>Will multiple locations add to confusion?</p>
<b>Duration of Trip/Visit</b>	<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>
<b>Type of Trip/Visit</b>	<ul style="list-style-type: none"> <li>-Visit with family/friends</li> <li>-Group tour (Bus/train)</li> <li>-Bus tour</li> <li>-Cruise</li> <li>-Road trip</li> </ul>	<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>
<b>Mode of Transportation</b>	<ul style="list-style-type: none"> <li>-Airline</li> <li>-Train</li> <li>-Bus</li> <li>-Car</li> <li>-Cruise</li> <li>-Multiple</li> </ul>	<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>
<b>Lodging</b>	<ul style="list-style-type: none"> <li>-Hotel</li> <li>-Cruise</li> <li>-AirBnB/VRBO</li> <li>-Family/friends home</li> <li>-Multiple</li> </ul>	<p>Will there be added stress/ confusion with multiple/new lodging?</p>
<b>Change in Your Person's Cognition/Physical Function in past 6 Months**</b>	<ul style="list-style-type: none"> <li>-No change</li> <li>-Mild changes</li> <li>-Notable changes</li> <li>-Significant changes</li> </ul>	<p>**This is often an indication of the expected rate of change in the next 6 months</p>
<b>The Person's Daily Routine During Travel</b>	<ul style="list-style-type: none"> <li>-Routine can be maintained</li> <li>-Minor changes expected</li> <li>-Frequent changes expected</li> <li>-Routine cannot be supported during travel</li> </ul>	<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>
<b>Safety Concerns</b>	<ul style="list-style-type: none"> <li>-None</li> <li>-Prone to wander</li> <li>-Prone to misplacing/losing things</li> <li>-Easily upset/agitated/anxious</li> <li>-Cannot follow/comply with travel restrictions/commands</li> </ul>	<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

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

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