

Healthy Living Tips

Traveling with a Caree

There are many factors to consider when traveling with a caree. Are you able to meet their medical needs along your journey? Will you have access to the necessary tools to assist your caree? What modes of transportation can you use? These are very important, however, there are many more factors to consider.

Tips for Traveling with your Caree ([Travel Channel](#))

- Plan in Advance
 - Call ahead to discuss what accommodations can be made for planes, hotels, cruises, Airbnb, and other forms. The [U.S. Department of State](#) is a good general resource, while The [Americans with Disabilities Act \(ADA\)](#) details what accommodations should be made.
- Try to Replicate the Home Routine and Environment
 - Be mindful when scheduling events during your trip.
- Make Sure Travel Insurance Includes Medical
 - Some travel insurance plans only cover financial losses, and Medicare does not cover overseas travel. Check the [U.S. Department of State](#) for a list of recommended medical providers. Be sure to choose one that includes medical evacuation, or medevac, in case of an emergency; that option could be cost-prohibitive if insurance does not cover it.
- Arrange Accessible Accommodation
 - This should include hotel rooms with hand bars in the shower, larger, spacious rooms, and lower counters and sinks.
- Arrange Assistance While Flying
 - Arrive at least two hours (domestic flights) and three hours (for international flights) before your plane is set to board.
 - Arrange for wheelchair assistance with the airline time, and double-check 48 hours beforehand.
 - At the airport, remind the check-in counter that you need wheelchair assistance. Have an airport attendant to assist with the wheelchair as they can get you through the security check quicker. Choose seats closer to the front exit and near an accessible restroom, so that you and your caree do not have to travel a long distance to get to your seats. Plans snacks if your caree has a special diet or needs to eat frequently.
- Decide Whether to Bring or Borrow a Wheelchair
 - Bringing or borrowing a wheelchair depends on the nature of the trip and the needs of the user. Bringing one may provide known comfort and not having to worry about arranging one for every step of the journey. On the other hand, if it is electric, for example, you will have to factor in power outlet access for charging it. If you're flying, review the [U.S. Department of Transportation](#) and the [Air Carrier Access Act](#) for rights on U.S. airlines.
- You Can Receive Discounts
 - Some companies and attractions provide discounts or free admissions for those aged 65 and older and/or have a disability.

Do Not Forget About What You Need as the Caregiver!

- Plan in Advance
 - Consider bringing someone along with you to assist with taking turns providing care.
 - Consider both independent and group tours, which can provide an outlet for you.
 - Consider your itinerary to help with conserving your energy.

Resources to Assist with Travel

- [Mobility International USA](#), which has helpful [articles](#) on charging wheelchair batteries and taking a service animal abroad.
- Flying Wheels Travel, an agency specializing in trips for people with disabilities and chronic illnesses.