

alzheimer's association®

the compassion to care, the leadership to conquer

NOVEMBER 2009

Keeping you informed... A monthly newsletter for support groups



The holiday season is approaching and in this edition of the monthly newsletter we provide some useful guidelines for traveling with your loved one. November is also National Alzheimer's Awareness Month so be sure to check out the list of events on the back page!

GUIDELINES FOR SAFER TRAVEL

Having dementia does not mean that it's necessary to stop participating in meaningful activities such as travel; it just requires planning to ensure safety, comfort and enjoyment for everyone.

General travel guidelines

- Stick with the familiar. Travel to known destinations that involve as few changes in daily routine as possible. Try to visit places that were familiar before the onset of dementia.
- Evaluate options for the best mode of travel. Based on needs, abilities, safety and preferences, decide what would provide the most comfort and the least anxiety.
- Keep travel simple and manageable: Plan a short trip and avoid multiple stops.
- Avoid elaborate sightseeing trips or complicated tours, which may cause anxiety and confusion.
- Have a backup plan in case your trip needs to change unexpectedly. This may mean purchasing traveler's insurance if you have booked flights or hotels.
- Travel during the time of day that is best. For example, if the late afternoon increases agitation, avoid traveling at this time.

- Remember to pack necessary medications, up-to-date medical information, a list of emergency contacts and photocopies of important legal documents.
- Allow plenty of time for rest. Don't overschedule.

Special considerations for air travel

Airports are full of things that will require attention. At times, so much activity can be distracting, overwhelming or difficult to understand.

Here are a few things to keep in mind if you're traveling by plane:

- Avoid scheduling flights that require tight connections. Ask about airport escort services that can help you get from place to place.
- Do not hesitate to remind airport employees and in-flight crew members of your needs.
- Even if walking is not difficult, consider requesting a wheelchair so that an airport employee is assigned to help you get from place to place in the airport.



**November is National Alzheimer's Disease Awareness Month!
Join Us for These *Free* Presentations.**

**Tuesday, Nov. 3
4-6 pm**

HBO Screening – The Alzheimer's Project: Caregivers

- Goleta Valley Senior Center, 5679 Hollister Avenue, Goleta

**Thursday, Nov. 5
5-7 pm**

First Thursday Santa Barbara – How to Maintain Your Brain

- Café Shell, 1112 State Street, Santa Barbara

**Friday, Nov. 6
5-7 pm**

First Friday Carpinteria – How to Maintain Your Brain

- Pacific Health Foods, 944 Linden Avenue, Carpinteria

**Saturday, Nov. 7
1-3 pm**

Know the 10 Warning Signs of Alzheimer's Disease

- St. Raphael's Church, 5444 Hollister Avenue, Goleta

**Sunday, Nov. 8
1-1:30 pm**

Why Puzzles Help Maintain Your Brain

- Barnes & Noble, 829 State Street, Santa Barbara

**Tuesday, Nov. 10
4-6 pm**

HBO Screening – The Alzheimer's Project: Grandpa Do You Know Who I Am?

- Goleta Valley Senior Center, 5679 Hollister Avenue, Goleta

**Wednesday, Nov. 11
7-8:30 pm**

Know the 10 Warning Signs of Alzheimer's Disease

- St. Raphael's Church, 5444 Hollister Avenue, Goleta

**Tuesday, Nov. 17
4-6 pm**

HBO Screening – The Alzheimer's Project: The Memory Loss Tapes

- Goleta Valley Senior Center, 5679 Hollister Avenue, Goleta

**Friday, Nov. 20
4-6 pm**

Family Education – Here Come The Holidays

- Alzheimer's Association, 1528 Chapala Street, Santa Barbara
- ***Please call 892-4259, ext. 30 to RSVP.***

These events are open to caregivers, people with memory loss and those interested in learning more about Alzheimer's Disease.

**Please help spread the word by inviting friends and family to attend.
Call 892-4259 ext. 30 for more information.**

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