



Parkinson's Disease to Go: Traveling with Confidence

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- *For my part, I travel not to go anywhere, but to go. I travel for travel's sake. The great affair is to move.” – Robert Louis Stevenson*



Objectives

- Safe Successful Travel
- Medication Recommendations & Toolkit
- Accessible Travel Resources

General Tips

- Try to pack light
- Wear loose comfortable clothing
- Great supportive walking shoes
- Bring snacks and carry a bottle of water at all times
- Always travel with a companion
- If you are traveling overseas, research and know where the US Embassy is in case of emergency
- Keep your passport with you at all times along with a copy in your baggage or in a separate place

General Tips Con't...

- Carry identification that you have Parkinson's disease and what the symptoms may look like
- Rest the day before leaving and day after arriving
- Obtain a disabled parking permit from DMV/MD, bring it with you
- Pack LED lights
- Leave your travel itinerary with a friend who is staying in town in case they need to reach you



Aware in Care ToolKit

- Handy case provided free of charge by the NPF.
- Holds identification about PD
- Education to Healthcare professionals
- Carrycase for your medications
- PRO-Parkinson's Resources of Oregon put on community education training for how to use this kit in the community 503-594-0901

www.parkinsonsresources.org

Medications

- When traveling by plane, carry you medication in your carry on and keep some in each of your bags
- Refill your medication 1-2 weeks prior to your trip
- Bring a copy of your doctor's contact information, pharmacy information, brief medical history, insurance card, and emergency contact other than the person with whom you are traveling
- Crossing time zones-take your medications on schedule based on your home time zone for the first day of travel (even taking an extra dose or two if you are traveling for 24 hours straight). Then, get on the new time zone schedule the first day you are at your destination location
- When going over seas for drastic time zone changes, talk with your MD prior to going

Trip Planning

- Where do I go?
- What do I want to do?
- Who is going with me?
- What will I need to pack?
- How do I prepare?

By Air...

- Carry your medication in your carry on and keep some in each of your bags
- Request aisle seats on plane
- Request escort/wheel chair to get to the gate
- Check all non essential belongings
- Choose a flight no longer and 3 hours when possible
- Request to sit in back of the plane near the restroom

By Sea...

- Cruising
- Bang for the buck
- ADA accessible rooms
- Accommodated excursions can be arranged by the cruise concierge
- Have MD/RN on board

By Car...

- Make sure you have an alternate driver
- Medications can cause drowsiness
- Schedule breaks (more than you think you will need)
- Use GPS if you have one

Hotels

- Call ahead before and request an ADA room
- Ask if they loan wheelchairs or other equipment as a service (Some do)
- Ask if they have a concierge that can help plan day trips
- You may have to go over your needs multiple times

Resources

- European Parkinson's Disease Association –
<http://epda.eu.com/pddoc/>
- Candy Harrington-Accessible Travel
<http://candyharrington.com/clips/abilities.php>
- Talk with your Support Groups
- Ask your providers/Social worker about planning