I. Planning your trip

A. Do you need someone else to drive? Consider using a cab, Uber, Lyft, mass transit and/or medical transport. RASP (Roseville Area Senior Program) offers medical rides with volunteer drivers and has the Shuttle Bus that offers rides in the Roseville area. Here are some travel services:

- **RASP Shuttle Bus:**
  651-604-3535
- **Volunteer Medical Rides (RASP):**
  651-604-3520
- **Metro Mobility:** 651-602-1111
- **Roseville Loop Bus Service (Pilot):**
  Retail circulator bus operates Tuesdays 10 a.m. to 1 p.m. south of Highway 36. Free, donations appreciated. Operated by Newtrax.
- **(Metro) Transit Link:** 651-602-5465.
  This is shared rider service sponsored by the Met Council where regular route transit service is infrequent or unavailable.
- **Lyft:** [www.lyft.com](http://www.lyft.com) or smart phone app.
- **Uber:** [www.uber.com](http://www.uber.com) or smart phone app.
- **GoGo Grandparent** allows phone scheduling of rides in partnership with Uber and Lyft ride services.
  Call: 855-464-6872 or go to [www.gogograndparent.com](http://www.gogograndparent.com)
  Rides can be pre-scheduled.
- **Roseville A/D Program:**
  [To Drive or Not to Drive](http://www.cityofroseville.com/3128/RSVL-AD-Video)

B. Will you need a 2nd person to assist you with your PWD (person with dementia)?
   If so, find someone to help – family, friend, or a professional caregiver.

C. Do you need to bring or rent a walker, cane, wheelchair, scooter or oxygen?

D. Try to keep surroundings similar.
   For example, when grocery shopping go to a store that is familiar to your PWD.

E. Bring a current picture of your PWD or take a picture each day when clothing has changed.
   (Smart phones are ideal for this.)

F. Take a picture and save to your phone, and keep hard copies with you of:
   - Emergency Contact Cards, Travel Medical Forms and a list of your emergency contact(s).

G. Take a picture of Rx bottles so all information shows
   (drug name, amount, frequency, pharmacy name and Rx number) or make a list of medications.
   Also include a list of doctors and contact information.

H. ID bracelet: You and your PWD may wear identification bracelets.
   These may be engraved, USB (digitally stored data) and/or GPS-enabled (location finder) or registered with a medical alert program system.

II. Preparing for local/short trip.

A. Allow extra time and plan to leave early.

B. Set realistic expectations. Take into consideration the PWD energy level, mobility/gait, behavior, nutrition, medication, and toileting needs (ex.: Depends/absorbent underwear, monitoring fluids and frequent stops).

C. Wear comfortable clothes, and comfortable and sturdy shoes.

D. Have a backup plan and be flexible. This will assist both of you in remaining calm.
E. Remember to bring your **Memory Minders: Travel Kit** which includes:
   - Care Travel Bag,
   - Temperature-Sensitive Travel Bag,
   - Document Travel Bag.

F. Prepare for quiet/tranquil spaces. Consider bringing ear plugs and digital music and/or movies, and headphones to create a calming effect. **Memory Minders: A Kit for Caregivers** are available at Ramsey County Libraries in Roseville and Shoreview, and Ramsey County interlibrary loan. They are designed to assist caregivers with interactive activities for people with 3 levels of memory loss. There are over 60 kits and each is unique. Brochure has details.

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### III. Preparing for a medical appointment

A. Prepare a checklist of changes, concerns and accomplishments.
   - If your PWD is driving, make sure to communicate any concerns you might have prior to the doctor’s visit.
   - Bring medications in a bag - including supplements. If this is not convenient, bring a complete list or a photo of each of the meds on your smart phone.
   - Cite any changes in behavior and send details ahead of time to the clinic asking the doctor to address the concern(s) without identifying the source to keep things calm.
   - If traveling on an airplane or out of the US, get a medical travel letter to take with you from your primary physician (on letterhead and signed), describing your medical condition and what medicines you need.

B. Always mention what is going well to wrap the appointment up on a positive note.

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### IV. Preparing for extended travel.

A. For extended travel, include your PWD in the planning. Have a trip itinerary and share it with family or friends. Give one copy to your PWD. Consider packing a light bag of non-essentials for your PWD to carry so he/she will feel included and responsible.

B. Prepare to be with your PWD constantly and consider having a travel companion (family, friend or agency care partner).

C. Consider traveling shorter distances each day

D. Remember to bring your **Memory Minders: Travel Kit** which includes:
   - Care Travel Bag,
   - Temperature-Sensitive Travel Bag,
   - Document Travel Bag.

E. Some considerations for airline travel.

1. If using a travel agent, make sure she/he knows all special needs.
2. Inform the airline that you are travelling with a PWD. You may request early boarding, a wheelchair, transportation upon arrival, help getting on and off the plane or with stowing carry-on baggage. Don’t forget to make transportation arrangements to and from the airport.
   - Consider extra leg room, and what will give the PWD more comfort: window, aisle or middle seat. Being close to the lavatory may be a benefit or a disturbance.
   - Be aware of security needs such as pat down procedures, security required photo ID, liquids bag and TSA screenings. Tell the security gate agent your companion has dementia.
   - Keep travel letter and medical supplies inside your carry-on. If diabetic, carry your insulin and needles together in a clear, zippered bag. Keep the insulin cold with a cold pack in the bag.
   - If possible, limit air travel time to four hours or less. You know your PDW best.

F. If you are staying at a hotel, let the staff know about the needs of your PWD and explain some of the possible difficulties you think you might encounter. Consider bringing a portable door alarm or ask the hotel staff in advance if they have one.

G. Determine emergency contacts and authorities for the various locations you will be visiting. Determine which authorities can help you find someone in various locations.

H. Foreign language: Know how to say your medical condition(s) in the language of the country you are visiting and/or have them written on a 3x5 card (e.g. English: I am a diabetic / German: Ich bin Diabetiker)