



The Caregiver News

August 2018

10 Tips for Traveling with Older Adults

Agingcare.com recommends 10 very helpful tips when travelling with individuals who require a little more assistance and planning:

1. **Research and Plan Ahead.** Checking for discounts, reserving ground floor rooms near handicap parking exists and seeking shorter, more direct travel routes can all be helpful.
2. **Request and Reserve Special Services.** Make sure to request airline seats in designated disabled traveler rows, organize cost-free wheelchair services and connection assistance. Request quieter rooms.
3. **Prepare Documentation.** Travel with a full list of needed medications, dietary restrictions and allergies. An extra copy of Medicare and I.D. cards may also be wise.
4. **Be Practical When Packing.** Pack light in a small rolling suitcases. Pack layers so seniors can adjust for temperatures.
5. **Think about the Comfort.** Travel with a small, easily packed travel pillow and small blanket. Seniors tend to get cold. Rent a car with good leg room. Stop often to walk and stretch—keeping circulation healthy.
6. **Arrange Medication Management.** Take enough medication for a few extra days in case of delays. Schedule a cell phone with medication reminders to keep time change confusion to a minimum.
7. **Plan for Security Checkpoints.** Go early and plan for delays at places with security checks and metal detectors. Travel with a physician's statement about implanted steel. The paperwork must be with the Senior, not their caregiver, for easy access. Request that TSA and other officials use a hand wand for people seated in a wheel chair.
8. **Adjust Destinations.** Planned activities and frequent rests are advisable. Cheap air tickets may not be available for times when older adults are able to fly. Respect the needs of all those in the travel party.
9. **Consider Cruises and Outlined Tours.** Organized tours and cruises offer plenty of seating and restrooms. Always helpful!
10. **Prepare Those at the Destination.** Make sure all locations know the needs of those arriving, so they can prepare in advance.



Realistic Travel



Rick Steve's Savvy Seniors



14 Valuable Tips for Seniors

The Tip Jar

Spend Time in Nature

Multiple [studies](#) show that nature impacts wellness and changes how mood and immune systems are working.

- Go for a walk in the [park](#)
- Take a drive in the mountains
- Sit on the porch and relax—breathe deep and be present

Other care tips available in the [Managing Care Guide](#) on [slco.org/caregiver](#) resource tab.

Education Programs

Stress-Busting for Family Caregivers

Stress Busting is a free nine week evidence-based program. Come learn eight stress therapy techniques. Two programs start in September (a choice between a Monday afternoon or Thursday morning program). Visit the [slco.org/caregiver calendar](#) or call **385.468.3280** for details.

Caregiver Academy

The Caregiver Academy is a free six week skill program where caregivers learn to manage a care environment, run family meetings, cope with behaviors and find resources. New evening workshops start August 14th. Visit the [slco.org/caregiver calendar](#) or call **385.468.3280** for details.

Reasonable ADA Accommodations for workshops available.

Stress Busting Ideas

- **Venture Out!** Friday nights, 6 pm to 10 pm, in Millcreek (August 3 and 10). The event offers family and friends a place to enjoy activities, listen to music, enjoy movies and more. Food trucks available for meal purchases. Admission is Free. Contact aimee@ventureout.org or 801-634-8910 for details.
- The **Utah Ukulele Festival** is a free outdoor event that places focus on the music of the ukulele and beautiful culture of the Polynesian Islands. The event runs August 4 from 10 am to 8 pm in Willow Park, 450 W 700S, Logan, Utah. Contact d.manoa@utahukefest.com or 435.764.3016 for details.
- **Taco Fest** at the Mexican Civic Center downtown (155 S 600 W). Live entertainment, face painting and special give aways. The event is on Saturday, August 11 from 10 am to 9 pm. Adult admission is \$5, Kids free. 60% of each entrance fee goes to support [Meals on Wheels](#). Vendors charge for food.

Visit [nowplayingutah.com](#), [seniorsbluebook.com](#), [slco.org senior center](#) and [caregiver](#) calendars for more options.

[Pinterest.com/slcoaging](#)

If you can't travel. Write about where you have been, bring it back to life in vivid description. Share what you wrote with family and friends. Celebrate life.

"Life is passing rapidly. Fiercely commit to every moment you find beautiful and remember it. Record it. Fully, wholeheartedly inhabit it. Awareness is one of the greatest things you can possess in this life as it is as important as the very air we breathe and water we drink to stay alive."

— Victoria Erickson

Support Groups

- **Amyotrophic Lateral Sclerosis (ALS)**
 - ♦ [Murray Heritage Senior Center](#). Call 801.264.2635.
 - ♦ [Riverton Senior Center](#). Call 385.468.3043.
- **Alzheimer's & Related Dementia Groups**
 - ♦ [Draper Library](#). Call 801-265-1944.
 - ♦ [Millcreek Senior Center](#). Call 801.265.1944.
 - ♦ [Jewish Family Services](#). Call 801.746.4334.
- **Caregiver Lunch Bunch**—a peer group for family caregivers. 1st Thursday each month at 11:30 am. There will be no lunch bunch in August. The group will start up again in September.
- **FTD & Related Dementia**—[Sandy Senior Center](#). Call 801.231.3442.
- **General Caregiver Groups**
 - ♦ [Magna Kennecott Senior Center](#). Call 385.468.3281.
 - ♦ [Mt Olympus Senior Center](#). Call 801.424.2200.
- **S.A.G.E./LGBTQ Seniors**—[Tenth East Senior Center](#). Call 385-468-3140.

Visit the [slco.org/caregiver](#) for more groups and events.