

5 Important Tips for Traveling With Atlanta Seniors

Let's admit it – even for the young, travelling can be a hassle. Between packing, airport security and lugging suitcases, travelling seems to take a lot of patience and energy. Particularly with senior citizens, you have to consider their health and safety.

Here are some tips from FirstLight HomeCare Atlanta to make your summer trip with seniors is fun and problem-free:

1. Don't forget medication – in fact, bring more than necessary in case of travel delays. Ideally medication should be in a carry-on, in case suitcases get lost. It's best to talk to the doctor and get clearance before a trip, making sure there are no necessary vaccinations if you're going out of the country or limitations. Always carry a list of medications wherever you go in case of emergency.
2. Stay hydrated. If you're going to be out in the sun, bring sunscreen, a hat, and plenty of water. As we age, we get dehydrated more easily.
3. Take breaks. Be realistic about your activity level, especially if you are doing a lot of walking. Plan in breaks and allow time for naps... don't overdo it! Don't take new shoes if you're going to be doing a lot of walking – take shoes that are well broken in.
4. Make the necessary accommodations. Do you need a wheelchair at the airport? A first floor room at the hotel? An oxygen tank at your destination? A minivan to hold a wheelchair or walker? Planning is very important.
5. Wear a medical alert. If you have allergies or a specific condition (e.g. diabetes) wear a medical alert bracelet or keep the information in your purse or wallet. This is important information for doctors and pharmacists.

Remember, FirstLight HomeCare Atlanta wants you to stay healthy throughout your vacation!