

The Family Caregiver

Newsletter of the Lewis-Mason-Thurston Family Caregiver Support Program

Summer 2018

Welcome to Summer!

Remember the jingle “baseball, hotdogs, apple pie and Chevrolet?” Summer captured in a slogan. Brings to mind the sound of baseball games floating through an open window from a ‘hi-fi’. The aroma from backyard grills. Fresh apple pies with ice cream. Maybe not a Chevrolet, but family road trips in a station wagon, without air conditioning, rolling on steel belted radials and gleaming chrome bumpers.

Times have changed, travel has changed and so do our preparations. Shorts, t-shirt and sandals become compression hose, SPF 50, long sleeve shirts and a medi-set. Traveling with someone with a disability or dementia requires even more thought and preparation. The following are a few suggestions from the folks who attend the Dementia Study Groups. The list represents their thoughts and experiences, including a few failed trips.

-The Family Caregiver Support Program

Traveling with Someone who has a Disability or Dementia

Whether you have plans to take your disabled family member on an outing to a nearby park, a local day trip, or perhaps plans to visit friends and relatives by car or air travel, some thoughtful pre-planning can work wonders in creating a successful experience for both you and your family member. We’ve put together a few tips for traveling with your family member who is disabled or has dementia to start your trip off on the right foot.

- Before you commit to travel, realistically assess your family member and your ability for travel. What type of journey, and for how long? Do you have the energy to care for them and the added thought and energy travel requires? In addition, what is your plan B?
- Once you decide on a trip, plan your daily itinerary in advance, providing for lots of time to talk freely about what you’re seeing and experiencing. Give a copy of your itinerary to emergency contacts.



*One's destination is never a place
but rather a new way of looking at
things.*

-Henry Miller

- Travel during the time of day that is best for your family member.
- Bring along water and snacks, and plan for breaks to ensure your family member is well hydrated and comfortable. Include books or activities that your family member may enjoy during down time.
- Pack extra medications, and a list that includes your family member’s medications, physicians, and emergency contacts, and carry the list with you at all times.
- Maintain a daily schedule for meals, sleeping and waking that is close to the routine that your family member is used to.
- Have a change of clothing and briefs with you in case of emergencies.
- Plan ahead for restroom use, ask about the availability of family restrooms. When caring for someone of the opposite gender, some people take an “Occupied” sign with them to place on the door when assistance is necessary.
- Keep your expectations for your number of daily activities low, with added possibilities if time and energy allow. Be flexible!
- Be prepared to adjust your plans to accommodate your family member’s fatigue.
- If you will be staying in a hotel, request a room on the ground level for simplicity and let the hotel staff know of your family member’s health condition and special needs so they can assist you.
- If you’re traveling by air, inform the airlines of your family member’s health condition, special needs, and request a wheelchair if needed.
- You may need to plan less walking and instead take a taxi or rent a car.
- New environments might trigger confusion or wandering for your family member. Take precautions with a medical identification bracelet such as the Alzheimer’s Association Safe Return or other safety devices.
- Keep in mind that there may come a time when traveling is too stressful and disorienting for someone with a chronic illness or dementia. When this is the case, it may be time to explore the options for respite care for your family member, so that you can travel to refresh yourself and your spirit.

Happy trails to you!

Further information is available at the Alz.org website:

<https://www.alz.org/care/alzheimers-dementia-and-traveling.asp>

Barrier Free Travel – for travelers with disabilities and mature travelers. Available at your favorite book outlet, or local book store.

UPCOMING CLASSES & EVENTS



Memory and Music

Come join us to learn how music can reach long-term memories even for people who have Dementia.

- Watch the documentary “Alive Inside”
- Followed by a discussion about music, memory and the brain

Tuesday August 21, 2018 from 1pm-4pm

-There is no charge for this class-

Location: LMTAAA Olympia Office- 2404 Heritage Ct SW, Olympia, WA 98502

For information, registration or accommodation please call (360) 664-3162 ext. 102, or register online at www.LMTAAA.org



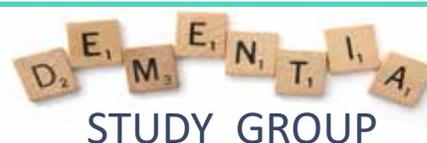
Alzheimer's Walk - Sunday, September 16, 2018

LOCATION: Heritage Park at Capital Lake on 5th Ave in downtown Olympia

See website below for start times and registration

www.SouthSoundAlzheimersCouncil.org

"Come with questions, leave with answers."



This is the place to better understand the brain and how to be a more skilled caregiver.

If you have joined us in the past, thank you for your questions. If you are attending now, we are glad to have you. If you are thinking of attending, just come.

In SHELTON:	Second Wednesday of the month from 1-3 PM	(360) 427-2226 x102
In CHEHALIS:	Second Thursday of the month from 1-3 PM	(360) 748-2524 x102
In OLYMPIA:	Third Thursday of the month from 1-3 PM	(360) 664-3162 x102



Lewis-Mason-Thurston Area Agency on Aging

2404 Heritage Court SW
Suite A
Olympia, WA 98502

FAMILY CAREGIVER RESOURCE MANAGERS



Lewis County

Joan Vance, MSW

360-748-2524 ext. 210, or toll free 1-888-702-4464

1651 S. Market Blvd., Chehalis, WA 98532

Mason County

Todd Nelson, MSW

360-427-2226 ext. 156, or toll free 1-877-227-4696

628 W. Alder / P.O. Box 2087, Shelton, WA 98584

Thurston County

Kathy Schroeder, MSW

360-664-3162 ext. 106, or toll free 1-888-545-0910

Brandon Humphries

360-664-3162 ext. 149, or toll free 1-888-545-0910

2404 Heritage Ct SW, Suite A, Olympia, WA 98502

For an online copy of this newsletter please visit our website at www.LMTAAA.org
