



13-Month Variable-Rate Share Certificate Starting at **2.50% APY** ✕
*APY = Annual Percentage Yield • Insured by NCUA [GET DETAILS](#)

OPINION • Opinion Columnist

Alzheimer's Whisperer: Traveling with a loved one who has dementia

Lots of planning, sticking to routine and preparing those you're visiting are key to a successful journey.



Lauren Mahakian

Lauren Mahakian

By **LAUREN MAHAKIAN** |

PUBLISHED: October 27, 2022 at 10:11 a.m. | UPDATED: October 27, 2022 at 10:11 a.m.

My hope when guiding families through the many challenges of dementia is everyone involved will be able to live as normal of lives as possible; and this includes entertainment and travel.

Traveling with a memory impaired loved one can be difficult. Often families will sit around the

This website stores data such as cookies to enable essential site functionality, as well as marketing, personalization, and analytics. You may change your settings at any time or accept the default settings. You may close this banner to continue with only essential cookies.

[Data Storage Policy](#)

[Storage Preferences](#)

Marketing Personalization Analytics

Save

Accept All

- Familiarity and maintaining routines are key. This includes caregivers, daily schedules, types of meals, ability to rest, noise and stimulation levels. As much as possible, try to reduce the number of variances from the current routine.
- When possible, familiar destinations and accommodations are recommended.
- Simplicity in expectations and schedules should be prioritized. Overscheduling and elaborate outings may cause anxiety and confusion.

Mode of travel and dementia

- As you plan this trip, weigh the benefits and detriments involved with each mode of travel. While air travel may be faster, it may also be the most anxiety-provoking.
- Consider schedules, comfort, and familiarity when deciding on the mode of travel; also, time of day, itinerary, bigger vs smaller airports, etc.; always in an effort to reduce anxiety.
- Try to maintain the daily schedule as much as possible, including rest, bathroom and medication times.
- You know your loved one best. Try to anticipate issues like anxious behavior, confusion or incontinence. Altering routines can exasperate these further.
- Seek help when needed. Talk to the doctor about a low dose sedative to assist with anxiety.
- Ensure access to ground transit and emergency services, including pharmacies or medical equipment rentals, such as wheelchairs.

Air travel

- Air travel can be overwhelming for anyone, and certainly for anyone with special needs.
- Avoid third parties reservations. Book through a travel agency or with the airline directly. If possible, purchase tickets that allow for seat selection, changes, refunds, and in-flight meals. Request pre-boarding.
- Nonstop flights are preferred to minimize delays or added experiences.
- Avoid multiple connections or airlines that may require change of terminals or re-checking luggage. Be aware of time and physical distance between connecting flights, including additional security re-entries.
- If walking is difficult and/or slow, request a wheelchair with the assistance of an airport employee. Pre-reservations through the airline are normally required. This will also help in getting through security checks more easily.

- Inform the TSA agent at the security checkpoint about the dementia diagnosis to get any available concessions. When restrooms are needed, “family” or companion care bathrooms may be helpful.
- Stay with your travel companion at all times.

When packing

- Your carry-on should include essentials like medications, change of clothes, extra incontinence items, cleaning wipes, water, snacks and activities (including photos of people and places at the destination).
- Always take extra days of medications in case of delays and re-scheduling. Carry medical contact information, emergency contacts, and photocopies of important legal documents. Become familiar with insurance and emergency care options at the destination ahead of time.

Activities, family and friends

- While those meeting you at the destination may be thrilled to see you, they may not be aware of your or your loved one’s needs. Prepare them ahead of time to set needs and expectations.
- Inform them of the unpredictability of the disease and need for routine, extra time and special accommodations.
- If you are staying in a hotel, inform the staff of any specific needs prior to arrival (ground floor rooms, close to elevator, ADA features, etc.).
- Consider alternatives. Possibly arrange for someone to stay behind with your loved one to eliminate an activity (e.g. skip the graduation ceremony but join the party afterwards...)
- Calmness may be better than entertainment. Quieter and simpler home meals or at relaxed restaurants may be better than fancier, crowded, or loud restaurants.
- Don’t over-schedule.
- Plan for a backup plan. This may include access to paid caregivers, purchasing travel insurance, cell phone roaming, changeable or refundable tickets and hotels, etc.

You know your loved one best. Many individuals with dementia can travel, but let’s not minimize the complexities. Evaluate the priorities. The degrees of difficulty and additional planning involved will depend on the stage of the disease they are in, their physical limitations and overall demeanor.

Lauren Mahakian is a certified dementia practitioner, care manager, speaker and author, support group facilitator and podcaster. Learn more at FamilyConnectMemoryCare.com.

[Newsroom Guidelines](#)

[News Tips](#)

[Contact Us](#)

[Report an Error](#)



Author **Lauren Mahakian** | Contributor

Lauren Mahakian is a certified dementia practitioner, care manager, speaker and author, support group facilitator and podcaster. She is an advocate for those experiencing cognitive decline and for the families who love and care for them. In 2008, Lauren became the founder and CEO of Family Connect Memory Care, which provides care services and operates four Memory Care Homes in the Torrance and Solvang areas. Learn more at www.FamilyConnectMemoryCare.com or 310-383-1877.

Join the Conversation

We invite you to use our commenting platform to engage in insightful conversations about issues in our community. We reserve the right at all times to remove any information or materials that are unlawful, threatening, abusive, libelous, defamatory, obscene, vulgar, pornographic, profane, indecent or otherwise objectionable to us, and to disclose any information necessary to satisfy the law, regulation, or government request. We might permanently block any user who abuses these conditions.

Get the latest news delivered daily!

SIGN UP

Follow Us



MOST POPULAR

- 1 Pedestrian dies in chain reaction hit-and-run crash in Torrance**
- 2 West Coast longshore, employer contract talks hit a snag, impacting LA, Long Beach ports**
- 3 San Pedro football holds on against rival Banning to win Marine League title**
- 4 Daily Breeze football wrap-up: All the stories, scores and photos from Week 10**
- 5 DNA clears man convicted in 1983 Inglewood killing after decades in prison**
- 6 Lagarde's milestone helps North Torrance football rout West Torrance**
- 7 Mira Costa football hammers Redondo to close regular season**
- 8 Torrance man sentenced to 9 years for his role in \$6 million real estate scam**
- 9 Election 2022: Here's a look at South Bay school board races**
- 10 CIF-SS football playoff pairings and schedule for all 14 divisions**

TRENDING NATIONALLY

- 1 Jerry Lee Lewis, outrageous rock 'n' roll star, dies at 87**
- 2 Don't expect Colorado to have a good snow year. Here's why.**
- 3 Tom Brady and Gisele Bündchen announce their divorce**
- 4 A plane full of rescued small-breed dogs landed in Connecticut. Here's how you can adopt.**
- 5 Steph Curry, Ayesha Curry sell Bay Area house for millions of dollars**



평생 사용 가능한 저렴한 발 마 사지 깔창

아치 깔창 | Sponsored



낸 병원비 돌려받는 '실손보험', 0만원대 즉시가입!...

최신 비갱신형 암보험, 실손보험, 건강보험, 어린이보험, 치아보험, 보험 리치앤코 보험비교 | Sponsored



月 만원대 '실비보험' 인기! 비교가입 "우르르"...

최신 비갱신형 암보험, 실손보험, 건강보험, 어린이보험, 치아보험, 보험 리치앤코 | 보험비교 No.1 | Sponsored



암진단금 '1억', 月 만원대 '암보험' 비교견적!..

최신 비갱신형 암보험, 실손보험, 건강보험, 어린이보험, 치아보험, 보험리모델링 등 필수보험 ... 리치앤코 | 보험비교몰 | Sponsored



"月 만원대 실비보험 인기!.." 막판가입 "우르르"

가성비 탁월한 실손보험, 암보험, 치아보험, 어린이보험, 유병자보험, 운전자보험, 자동차보험 등 리치앤코 보험비교몰 | Sponsored



아빠, 엄마, 아들이 같은 사진을 21년 간 찍었다. 마지막 사진...

Bibibang | Sponsored



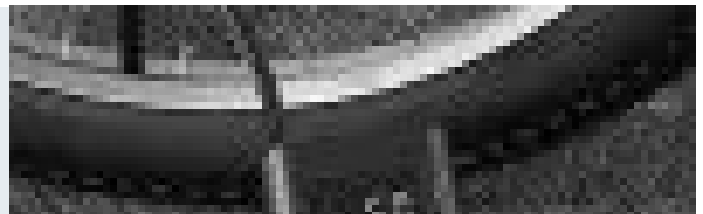
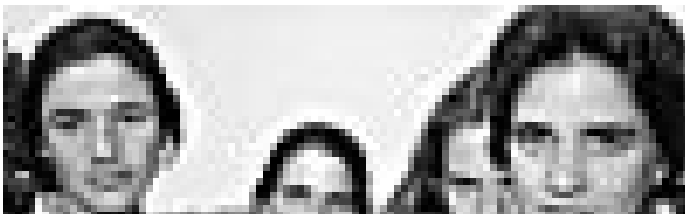
'특' 쳐도 200미터 넘기는 괴물 아이언 등장

홀인원마켓 | Sponsored



Z플립4 단독특가!! 선착순 500대 한정 14만원!!반납X 장기할

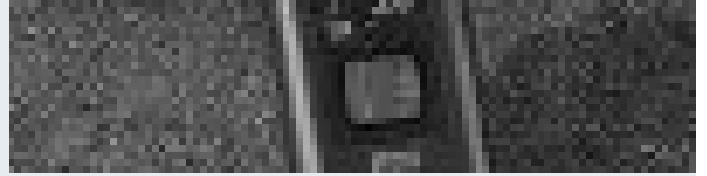
정지칸모바일 | Sponsored





이 네 친구들은 **40**년간 같은 사진을 찍었습니다 - 마지막 사진을 보고 감동의 눈물...

Bibimbang | Sponsored



자동차, 자전거, 튜브까지 순식간에 풀충전 공, 오토바이도 OK 자동 바람 넣기

앱스토리물 | Sponsored



50년 전에 땅에 묻혔던 새 차가 발견되었어요! 차의 상태를 본..

Trips-Shop.com | Sponsored



자동으로 벌레 퇴치하는 캠핑 필수템

초파리, 바퀴벌레도 OK

앱스토리물 | Sponsored



와! 이 놀라운 살림팁은 단 **1**분 만에 여러분의 가스레인지

Storyfull | Sponsored

MORE IN OPINION

Farmers' water rights are clearly not as sacrosanct as they once seemed to be.

The Grand Jury report said such ballot questions generally suffered from a "proponent's bias" as a result of the typical process of selection and drafting of the proposal.

SUBSCRIBER ONLY

California may reallocate shrinking water supply

Biased ballot measure titles and summaries undermine California's democracy

Students will continue to suffer until there are drastic changes in how the state educates.

Since our world is a half-lousy one

California's failing education system needs reform

Both McCarthy, progs lily-livered on Ukraine

DAILY BREEZE

SUBSCRIBE

e-Edition

Breaking News

CONTACT US

Corrections

Sign Up For Newsletters

ABOUT US

SoCal News Group

MediaNews Group

Work With Us

Privacy Policy

Accessibility

PARTNERS

Live Traffic Map

Newspapers in Education

Sponsor a Student

CLASSIFIED

PLACE AN AD

Media Kits

Advertising Contact Information

READER REWARDS

Photo Reprints

Sponsored Access

FOLLOW US



SUBSCRIBE NOW

[Legals](#)

[Obituary](#)

[Careers](#)

Copyright © 2022 MediaNews Group

[Terms of Use](#)

[Cookie Policy](#)

[Arbitration](#)

Powered by WordPress.com VIP

[Do Not Sell My Info](#)

