



· ENRICHING ELDER LIVES ·

MOSAIC

CAREGIVERS GUIDE



SENIOR FRIENDLY VACATIONS

THE FAMILY CAREGIVER'S GUIDE TO SENIOR FRIENDLY VACATIONS

Traveling can be a rewarding and enriching experience, allowing families to create new memories and enjoy quality time together. However, it requires careful planning and consideration to ensure the comfort, safety, and well-being of senior travelers.



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about this

GUIDE

This guide offers practical tips and ideas to help you plan a vacation that is enjoyable for all. We also explore respite care should that be a more comfortable option for your loved one.

PLAN AHEAD

CONSULT WITH HEALTHCARE PROVIDERS

Before planning your trip, schedule a check-up with your loved one's doctors, including specialists. Discuss the travel plans, get medical advice, and ensure vaccinations and medications are up to date.

RESEARCH DESTINATIONS

Choose destinations that are senior-friendly with easy access to medical facilities, minimal stairs, and reliable transportation options.

PURCHASE TRAVEL INSURANCE

This will help should anything suddenly arise that prevents your loved one from going on the trip. Choose travel insurance that includes medical coverage. Ensure it covers pre-existing conditions.

BOOK AIR TRAVEL

While online booking is convenient, sometimes a phone call is better when arranging air travel for your elderly loved one. Alert airlines to any dietary restrictions or mobility issues. If your loved one travels with portable oxygen, make sure you have the documentation to transport it.



PRIORITIZE MOBILITY AND COMFORT

INCLUDE COMFORT ITEMS

Pack comfortable clothing, pillows, and blankets to ensure comfort during travel.

TAKE ADVANTAGE OF SPECIAL ACCOMMODATIONS

Passengers ages 75+ can receive expedited screening at airports through TSA.

BRING ASSISTIVE DEVICES

Make sure that your loved one will have access to necessary assistive devices like canes, walkers, or wheelchairs. Arrange for rentals if needed.

SCHEDULE REGULAR BREAKS

Plan for frequent breaks during travel to allow rest and movement.



PREPARE ESSENTIAL DOCUMENTS

TIPS & EXAMPLES

MEDICAL RECORDS

- Ask for a letter explaining the important information about health for travel purposes. Can include:
 - Date of Diagnosis
 - Accommodations that may be needed
- A full list of Medication, dosages and times taken

IDENTIFICATION

- Be sure identification is not close to expiration and the photos are still valid. Consider traveling with new photos, and take a daily photo.

EMERGENCY INFO

- Be sure to have emergency contact information to be able to be reached when traveling and of responsible parties at home.
- Consider an international cell phone plan if going out of country.

GATHER MEDICAL RECORDS

Carry copies of medical records, prescriptions, and a list of medications.

CHECK IDENTIFICATION

Ensure all travel documents, including passports and IDs, are current and easily accessible

IDENTIFY EMERGENCY CONTACTS

Prepare a list of emergency contacts, including healthcare providers and family members traveling with you as well as those who will remain at home.

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MEDICATIONS

ORGANIZE MEDICATIONS

Use a pill organizer for daily medications. Pack extra medication in case of delays.

ARRANGE FOR PRESCRIPTION REFILLS

Check if you'll need refills during the trip and arrange them in advance.

PLAN FOR SAFE STORAGE

Keep medications in carry-on luggage to avoid losing them.

BRING SNACKS AND WATER

Your loved one may need to take medication with food and water so plan ahead to have those at the ready.

IMPORTANT!

Consider packing an extra day or two of medication in case of delays.





TAKE SAFETY PRECAUTIONS

INVITE TRAVEL COMPANIONS

If possible, travel with an additional caregiver or family member to share responsibilities.

KNOW WHERE YOU WILL STAY

Choose accommodations with accessibility features like elevators, grab bars, and step-free entry.

STAY HYDRATED

Make sure your loved one has regular access to water to stay hydrated.

HAVE AN EMERGENCY PLAN

Have a plan in place for emergencies, including the location of nearby hospitals.

PLAN SENIOR FRIENDLY ACTIVITIES

TAKE PHOTOS

Photos are a great way to enjoy the trip after it is over.

KEEP IT RELAXED AND FLEXIBLE

Maintain a relaxed pace to avoid fatigue and stress. Allow time for rest and relaxation.

CAREFULLY CURATE THE ACTIVITIES

Plan activities that are enjoyable and suitable for your loved one's abilities and interests. Ask about senior discounts

SCHEDULE REGULAR BREAKS

Plan for frequent breaks during travel to allow rest and movement.



Traveling Without Your Loved One

RESPITE CARE

There is no shame in considering respite care for your loved one. In fact, it is a wise and compassionate choice. Caring for elderly loved ones is a demanding responsibility, and caregivers need time to rest and recharge. If taking your loved one on a trip is difficult, consider respite care as an option. Respite care provides temporary relief for primary caregivers, offering a break while ensuring your loved one receives professional care. It can be arranged for days or weeks, depending on your needs.

RESPITE CARE

TYPES OF RESPITE CARE INCLUDE

ADULT DAY CARE CENTERS

These centers offer care and social activities during the day.

IN-HOME RESPITE CARE

Professional caregivers come to your home to provide care.

RESIDENTIAL RESPITE CARE

A temporary stay at a senior living community or nursing home provides access to daily activities, meals, room and board.



BENEFITS OF RESPITE CARE INCLUDE:

- Caregivers can take time off to relax, travel, and attend to personal needs.
- A break from caregiving duties helps reduce stress and prevent burnout.
- Seniors benefit from social interaction and activities provided by respite care services.

How to Arrange

RESPITE CARE

- Look for reputable respite care providers in your area.
- Seek recommendations from healthcare professionals.
- If considering residential respite care, visit the facilities to ensure they meet your loved one's needs and preferences.
- Schedule respite care in advance to secure availability, especially during peak travel seasons.
- The state of New Jersey offers a grant to cover up to 25% of the cost of respite care. For eligibility, visit <https://www.nj.gov/humanservices/doas/services/q-z/srcp/>.
- By planning and considering all options, family caregivers can enjoy a well-deserved break, whether traveling with their elderly loved one or opting for respite care.
- Prioritizing the wellbeing of both the caregiver and the senior ensures a positive and fulfilling experience for everyone involved.



MOSAIC FOUNDATION

THANK YOU!

Mosaic

PO Box 352

Absecon, NJ 08201

office@mosaicgiving.org

mosaicgiving.org

(609) 916-6520

Seashore Gardens Foundation DBA Mosaic is a trusted nonprofit leader in promoting and enhancing services and programs for the elderly. Its mission is to enrich the quality of life for the aged in Southern New Jersey.

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