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Traveling with Elderly Family Checklist

Wandering Wahine World

**Health Insurance
Phone Number:**

**Health Insurance
ID #:**

**Airline Phone
Number:**

Airline Conf #:

**Hotel Phone
Number:**

Hotel Conf #:

Essentials

Before you go

- ☐ Consult with their doctor about travel plans.
- ☐ Make sure all medications are packed and labeled.
- ☐ Bring copies of medical records and prescriptions.
- ☐ Arrange for travel insurance with medical coverage.
- ☐ Book direct flights or minimal layovers.
- ☐ Notify airline or hotel of any mobility needs or special assistance.
- ☐ Pack comfort items (pillows and light blanket).

Packing Essentials

- ☐ Medications (in original containers).
- ☐ Copies of medical documents.
- ☐ Health insurance card.
- ☐ Mobility aids (cane, walker, wheelchair).
- ☐ Comfortable and easy-to-remove shoes.
- ☐ Extra layers for warmth (sweaters, scarves and gloves).
- ☐ Lightweight snacks and hydration items.

My stuff

- ☐ _____
- ☐ _____

During the trip

- ☐ Allow extra time for everything (boarding, walking, airport security and rest stops).
- ☐ Keep medications and documents in a carry-on.
- ☐ Stay hydrated and ensure they eat regularly.
- ☐ Check in often about their comfort and energy levels.
- ☐ Use airport or hotel assistance when available.
- ☐ Choose accommodations with elevators or ground-level access.
- ☐ Plan slower-paced activities with rest breaks.
- ☐ Make note of nearest medical facilities.
- ☐ Be flexible with plans in case rest is needed.