



The Family Guide To Traveling with Dementia



A dementia diagnosis does not mean the end of travel, just a need for extra planning to keep it safe, calm and enjoyable.



Plan Ahead for a Calm Trip

- Stick with familiar destinations and routines where possible.
- Choose the mode of travel that offers the most comfort and least anxiety.
- Pick destinations near emergency medical care and pharmacies.
- Keep the itinerary simple, elaborate sightseeing can cause confusion.
- Travel at the time of day that works best for your person, and avoid over-scheduling.
- Notify hotel staff of specific needs ahead of time, and consider travel insurance as a backup plan.



What to Bring

- An essentials bag: medications, itinerary, a change of clothes, water & snacks.
- Doctors' names & contact info, current medications and dosages.
- Emergency contacts and local police, fire & hospital numbers at your destination.
- Copies of legal documents (power of attorney, advance directives) & insurance info.

Visiting Family or Friends

- Prepare hosts in advance, explain the diagnosis and any changes it may cause.
- Keep meals and bedtimes close to the routine at home.
- Build in extra time and be realistic about what the day can hold.

Air Travel

- Book through an agent or airline directly to note special needs like wheelchair assistance.
- Avoid tight connections; request wheelchair support even just to help navigate security.
- Let the TSA agent know about the diagnosis at the checkpoint.
- Look for companion care restrooms, and stay together at all times.

Traveling Alone

- Ask if the airline offers a meet-and-greet escort service through security and connections.
- List all emergency contacts on the reservation.
- Ask TSA about a gate pass for a friend or family member to escort them to the gate.
- Keep travel documents and ID easily accessible, such as in a document holder.

[Full guide: Alzheimer's Association – Traveling and Dementia](#)

Need a home care aide during your trip?

Nova Leap Home Health has offices in select states offering personalized in-home care while you are away and when you return.

[Find your local Nova Leap Home Health office.](#)