

EVACUATION TIPS FOR TRAVELING WITH A PERSON WITH ALZHEIMER'S DISEASE

1. Tell your loved one you're going for a ride or on a small trip. Do not overload them with too much information about the nature of your journey.
2. Do not talk about the weather in front of them. Avoid listening to the news or weather channel when they are present as this can lead to anxiety.
3. Leave early! Do not wait for the last minute! Make plans ahead of time and locate a hotel within a reasonable distance. Make backup plans in advance so you know where you're going before you leave. Book your room with a credit card if possible. You can always cancel if you decide not to leave town.
4. Take breaks. Rest stops and/or food stops will break the monotony.
5. Bring familiar tapes and/or CD's to play in the car. Bring headphones for either yourself or your loved one.
6. Bring at least one full week's worth of prescription meds in their original containers that clearly identify the prescribed medication, dosage and prescribing physician's name. Check with your individual insurance company regarding the amount or supply each prescription can hold. Perhaps given the events of last year, you can get special consideration during the hurricane season.

Prescriptions from pharmacies that are part of a national chain like Walgreen's are the easiest way to get meds while you are away. If you are with a smaller chain of pharmacies, ask if they have any reciprocal arrangements out of state. Also, most doctors will write a prescription for a 60 or 90 day supply unless it is a controlled substance like narcotics. Talk to your doctor about getting a larger supply now, while there's no pressure to do so. A list of doctor's numbers and pharmacy numbers should stay in the glove compartment. You should also be sure to bring current healthcare insurance identification cards.

7. Medication for sedation. Check with your health care provider for the appropriate type and strength.

8. Keep an emergency, waterproof box in your car trunk. The box should contain the following:

- a. Sanitary supplies
- b. Incontinence wear (diapers, wipes, extra clothes)
- c. Change of clothes for both you and your loved one.
- d. Two (2) days worth of medication
- e. Nonperishable food supplies (Boost, Ensure)
- f. Comb and brush

9. Have snacks in the car. Food is a wonderful way to redirect someone.

10. Keep them as comfortable as possible.

11. Bring "busy work." Knitting is a great car activity, as are sorting toys. Toys-R-Us has wonderful travel toys and travel activities.

12. Frequent ice cream stops. Ice cream makes everyone happy!

Alzheimer's Services of the Crescent City utilized the expertise of Denise Addison of East Jefferson General Hospital Alzheimer's Day Center and Robin Noel of Touro Senior Day Center to compile these evacuation suggestions.