

Institute for Disability Studies

ShareCare Notes: Welcome to summer! Travel Trivia and Caregiver Support

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1. Hitting the Highway (if you can afford the gas): Planning for the Unexpected

Denise Brown, an editor for Caregiver.com, wrote some good advice for vacationing caregivers that still applies. "I attended a workshop recently and heard some great advice for family caregivers: Use respite services regularly, even when you don't need them. When you do need them, you will be comfortable and confident in the staff and service provider. Iron out the glitches (and there will be glitches) now so when you need the time off, you can take it without too many worries or feelings of guilt. The same can be true of your vacation. Test out how your vacation will go and you'll minimize (not eliminate) the problems you may encounter. Here are some areas to test in order to smooth out your trip's potential wrinkles ..." Ms. Brown also supports a chat room at this site. If you have trouble with this link, try copying and pasting it into your browser.

http://www.caregiving.com/caregiving_community/landing.cfm?loc=index.cfm|objectid=F1A45BC0-123F-ED25-2C31B912306A03D2

2. Golden Access Passports

While traveling this summer, if you are planning to visit national parks, monuments, historic sites, recreation areas, or national wildlife refuges check out information on Golden Access Passports before you go. These "passports" allow U.S. citizens or permanent residents who have a disability and their spouse and children to access parks for free. The passport also provides a 50% discount "federal use fees charged for facilities and services such as camping, swimming, parking, boat launching, and tours. So this might be a way to cut costs a little this summer. For more information, check out these two links: http://www.us-parks.com/golden_access_passport.html

and

http://www.us-parks.com/im_us/pass/fed_rec_pass_program2.pdf

3. Caregiver Tips for Traveling with Persons with Memory Impairment

Traveling long distances with a person in the early stage of dementia may still be quite enjoyable. As dementia advances, however, traveling becomes unpredictable as the person becomes more confusing. Plan ahead for a trip by gathering important documents: insurance cards, passports, your physician's phone number, refills on medications and a copy of medical records in case the person with dementia needs to see a physician while away. For more ideas, visit

http://www.caregiver.com/articles/print/caregiver_traveling_tips.htm

Also see

http://www.suite101.com/article/send.cfm/elderly_caregiving/44033

Want some ideas for summer recreation that might work for you? Try

<http://www.alzheimersupport.com/library/print.cfm?ID=1491&t=Alzheimers>

4. Beating the Heat

The American Red Cross has published some information you should know about dealing with the heat this summer. This is an important part of your family preparedness!

<http://www.redcross.org/services/hss/tips/heat.html>

And here's what the CDC has to say,

<http://www.bt.cdc.gov/disasters/extremeheat/heattips.asp>

5. New and Emerging Policy for Caregiver Support

This report highlights three emerging trends: caregiver assessment, consumer direction in family caregiver support services, and collaborations between the aging network and the health care system.

<http://www.hcbs.org/moreInfo.php/nb/doc/1597>

For an analysis of government support and services received by families of persons with developmental disabilities, visit

<http://ici.umn.edu/products/prb/171/default.html>

6. Current Events

Dr. Richard Schwartz, neurologist, will be answering questions about Alzheimer's disease at the Forrest General Caregiver Support group TONIGHT, June 8 at 6 p.m. in the Elm Room. ShareCare is hosting a Salad Pot Luck for caregivers next week, June 13. To read more about it, see

<http://www.usm.edu/sharecare/pdf/brownbag613flierno2.pdf>