

TRAVEL TIPS

'Tis the season for holidays, family gatherings and travel for people with Parkinson's. Most issues can be avoided with a little planing and Parkinson's NSW are here to help.



Tip #1: State your needs when you book your trip

When you book your trip, clearly explain your needs to your travel agent, tour leader or accommodation provider. Don't assume everyone will understand what kind of assistance or accessibility a person with Parkinson's may need.



Tip #2: Check restrictions on medication before you travel overseas

Before travelling overseas, check with the embassy or High Commission of the country you plan to visit regarding any restrictions on medications.



Tip #3: Advise your airline in advance if you will need assistance

It is wise to give at least 48 hours of notice if you require a wheel chair or other forms of transfer from the check-in point to your departure gate, and on to the plane. If you are travelling with your own wheel chair or other mobility aids they are usually transported for free.



Tip #4: Check on your need to have vaccinations

You may need vaccinations to protect you from diseases in certain parts of the world. Make sure you plan these well in advance of travel. Consult your doctor about how vaccinations might affect your Parkinson's or interact with other medications.



Tip #5: Carry your medication in your hand luggage

It is best to carry your medications in your hand luggage. Webster travel paks are now available from your pharmacist. They are like the original Webster Pak (also known as Dose Administration Aids) but are called Flexi Pak and can be broken up according to the number of doses required then disposed of after use.

Webster Paks also come with a Pocket Profile the size of credit card. It unfolds to show your photograph and key details including your full medication profile. This will save time and trouble if you are questioned by Customs officers during your travels.

As backup, it can also be useful to flatten the original packaging of your medications and take photocopies. This will ensure you have information on both the branded and generic names of your drugs as well as the prescription label.

Another tip: When passing through security checkpoints keep your medications in a clear, zip-lock bag for ease of display.

