

Parkinson's disease causes symptoms, motor and non-motor, that renders day to day life harder to manage. Those difficulties may affect hobbies and most specifically traveling. It is however possible for the person and its caregiver to travel, if respecting certain rules and plan ahead.

Taking a break and start an adventure may offer tremendous physical and psychological benefits. In order to maximise those benefits, please find below some advice on how to plan your trip.

### Be informed and plan your trip

- Gather information on possible medical assistance at your traveling destination.
- Make sure your stay is not too long, or plan several legs to your trip to prevent too much fatigue.
- Choose boat cruises or carriage rides rather than long and tiring walks.
- Plan a stay with limited local travelling.
- Bring a travel companion.
- Choose establishments with all the facilities (accessible bathrooms, ground-floor rooms or near the elevator, air conditioning).
- Avoid choosing a destination that is too hot or too cold.

### Before your trip: meet your neurologist or family doctor

To ensure that there are no medical contraindications relating to the trip and to review, if necessary, the drugs assessment. It is important to plan:

- A sufficient amount of medicine for the whole duration of the trip, and two or three emergency doses ;
- The schedule and dosage of the medication during the round trip and while at your destination, especially if you will be in a different time zone;
- A list of emergency phone numbers: doctor, pharmacist, insurance company, emergency contacts;
- The name (commercial name, name of the principal active ingredient and dosage) of all of your drugs in the language of the country of destination ;
- Necessary vaccines for your trip.



### **Pack your bags and not to forget anything**

- Use, if necessary, an electronic pill organizer or any other apparatus that may help you to remind you to take your medication on time.



- Bring light and comfortable clothes for hot and humid areas. For colder areas, bring many layers of clothing, like multilayers clothing that will break the wind, are waterproof and breathable.

### **While you are travelling**

#### *If you travel by car*

- Stop frequently in order to prevent falling asleep behind the wheel and to stretch your muscles.
- Divide the trip in several legs. Avoid driving alone, have a second driver with you.

#### *If you travel by plane*

- Choose a direct flight.
- Ask to embark the plane first and disembark last in order to avoid crowds and line-ups.
- Place your medication and important papers in your carry-on luggage (passport, insurance card, emergency numbers, and reservation confirmations) in case your luggage is lost or delayed.
- Ask to for an attendant at the airport to get to the check-in area and to the plane, and to provide assistance while in the airport.
- Once in the plane, get a seat next to the restrooms.



*If you travel by bus and/or by train*

- Choose a seat near the restrooms and the exit door.
- Ask for an attendant to help you embark and disembark.

There is a tourism organism in Quebec allowing you access to travel options that are easier for you. You can, for instance, obtain a Tourist and Leisure Companion Sticker:



[www.keroul.qc.ca/](http://www.keroul.qc.ca/)

Telephone: 514 252.3104

Email : [infos@keroul.qc.ca](mailto:infos@keroul.qc.ca)

#### **References**

Parkinson Suisse «Rester mobile malgré Parkinson» :<http://www.parkinson.ch/index.php?id=343&L=2>

Association Parkinson «Voyager avec le Parkinson» : <http://www.parkinsonasbl.be/voyager-avec-la-maladie-de-parkinson/#.VSag1mc5DIU>