

Checklist to Prepare for an Outing with Aging Parents

The following is a checklist of things to bring or remember when taking an aging parent (especially those suffering from dementia) on a driving excursion.

Planning your Route

For those with dementia experiencing sundowners, scenic driving excursions can be helpful to provide stimulation just looking around.

- Schedule visits to nearby parks, botanical gardens, zoos, and scenic vistas.
They are wonderful escapes.
 - Verify wheelchair access if necessary.
- Verify availability of accessible public restrooms along the route.
 - Be sure there are several that are easily accessible at different locations along the route to/from your location, especially if your loved one needs more time.
- Scout locations of nearest urgent care facilities and/or hospitals

What to pack

- A picnic/cooler with snacks, water, etc.
- A change of clothes, including underwear (regular or disposable), if your loved one has an accident.
- Sanitary wipes
- Favorite music

In case of Emergency

- Pack a copy of the Medical Summary (see Tools)
- Print the Contact List with phone #'s (see top of "Take Care of..." template)