



Tips For Traveling With a Disabled Loved One

Summer time is travel time and traveling with a disabled loved one is an extra challenge. Try these tips to make your vacation time easier:

- ✓ Take a list of all medical conditions.
- ✓ Take more medications than needed.
- ✓ Enroll in Medic Alert. Wear the bracelet.
- ✓ Read how “emergency” is defined in your insurance policy.
- ✓ While traveling, get copies of all bills to support insurance reimbursement claims.
- ✓ Check into use of a health plan provider in the area you will visit.
- ✓ If you know you’ll need medical care, call ahead to make doctor's appointments in the new location.
- ✓ Consider buying traveler's insurance. Study the policy terms for pre-existing conditions. **READ THE FINE PRINT.**
- ✓ Check that medical equipment is insured for loss or theft.
- ✓ Consider taking a portable grab bar on the trip.
- ✓ Communicate with your airline in advance and get any necessary paperwork the doctor must sign.

- ✓ Have extra oxygen prescriptions.
- ✓ If there will be a layover, arrange for oxygen to be available.
- ✓ Take the person's health insurance card and the HMO's toll free number for travelers.
- ✓ Take copies of the pages in the insurance benefits booklet dealing with emergency access.
- ✓ Carry a card listing phone numbers of next-of-kin in case of illness during the trip.
- ✓ Write the primary care doctor's number and beeper number on the health insurance card.
- ✓ Make sure your airline carries a defibrillator.
- ✓ Tell the travel agent or airline that you require a wheelchair and have it noted on the ticket.
- ✓ If a flight is delayed for more than four hours, an air line has a duty to provide a meal that is comparable to the meal offered on the flight -- if requested.

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