

Hitting the Road with Your Person with Parkinson's

10 Road Trip Tips from Pat Donahoo

This assumes you have planned the route and loaded into your GPS and have your lodging and hotels organized. If not, that is “Step 1.”

Take the time to plan ahead, but also be resilient and try to roll with the changes.

Keep your stress to a minimum. Take time to enjoy the journey and each other!

Happy trails!

1. I find it best to travel in daylight when possible.
2. Be aware of your alertness and stop as often as needed. Your person with Parkinson's will appreciate the stretch and facility breaks.
3. When taking a rest stop, be sure to rest. Even a 5-minute cat nap can do wonders.
4. Remember safety is #1—as always with Parkinson's, unpredictable events happen. Know that even if you might not get there when you want, you will get there.
5. Set aside a supply of medications to be kept in the car. Carry them in a bubble-wrapped envelope to keep in a cooler during hot weather.
6. Carry your favorite light snacks and drinks with you.
7. Audiobooks or podcasts have a way of making time go by fast and easy: pick them out and download ahead of time.
8. Bring comfort items like pillows and back support.
9. Enjoy your time together whether you find yourself talking, listening, or just being silent and in the moment together.
10. We enjoy finding great places along the way—some of them unexpected such as the American Gothic House, Butch Cassidy's boyhood home, and John Wayne's birthplace. A little research or an impromptu stop might yield big benefits!