



# Capital Area Parkinson's Society

Newsletter/November 2017

P.O. Box 27565, Austin, Texas 78755-2565

capitalareaparkinsons.org

## Hit the Road: Traveling with a neurologic condition is not impossible. With advance planning, lots of patience, and these 10 strategies, your next trip can be fun and invigorating.

*Fran Kritz, Neurology Now, April/May 2017 – Volume 13, Issue 2, p 17-19*

### 1. Visit Your Doctor

Schedule an appointment with your neurologist regarding any physical changes, new symptoms or specific precautions. Be sure the medications and other items listed on your patient portal are up-to-date so they can be accessed remotely, if necessary.

### 2. Organize Your Medications

Be sure your medications and refill orders at the pharmacy are current. If you'll be in a different time zone, ask your doctor or pharmacist for help scheduling your pills, especially in the first and last days of the trip. Also ask what to do if you miss a dose. Make a list of the generic names of your drugs and store your medication in your carry-on baggage.

### 3. Do Your Research

Long lists of travel sites include the Society for Accessible Travel and Hospitality (<http://sath.org>), the Disabled Travelers Guide to the World (<http://disabledtravelersguide.com>), Nate and Nancy Berger's website and a downloadable book (<http://bit.ly/DTG-Book>), the Parkinson's Foundation, Epilepsy Foundation, Christopher and Dana Reeve Foundation, etc.

### 4. Plan Ahead

Call the customer service numbers for every place you'll go. Some airlines, for example, limit the size and weight of wheelchairs. For a summary of airline services for people with disabilities, visit <http://bit.ly/CheapFlights-Disabilities>, but also double check with the airlines themselves in case there have been changes. For a general travel checklist from the US State Department, go to <http://bit.ly/StateDept-Travel-Disabilities>.

### 5. Pack Your Paperwork

You'll need the usual papers when traveling overseas, such as passports, visas, special IDs if you're a senior, veteran, or student, and your itinerary with all your confirmation numbers. As a traveler with a disability, you'll also need a list of all your medications, a description of your condition, medical supplies you carry, and your limitations signed by your doctor, which the Transportation Security Administration (TSA) and foreign security agencies may want to see.

### 6. Look for Savings

Many tourist attractions offer discounted or free admission to travelers with disabilities and at least one companion, so book early.

### 7. Travel With a Friend or Two

Traveling with a friend or family member may be critical, not just a good idea, especially if it's your first trip.

### 8. Allow Time Before Takeoff

Travelers with disabilities should allow more time at the airport, especially if you'll be getting a wheelchair at the airport or stowing one in cargo.

### 9. Check or Borrow a Wheelchair

Consider using assistive devices such as canes, walkers, and wheelchairs, even if you don't use them all the time. You can request one at airports and often at recreation sites. For airports, request a wheelchair when you book your flight, then call the airline 48 hours ahead to be sure your request has been documented. You'll need to check in at the counter rather than at a ticket kiosk in order to meet the attendant with the chair.

### 10. Sign Up for PreCheck

Being in a wheelchair does not guarantee that you'll be able to cut a long security line, so for US airports consider applying for TSA PreCheck at <http://tsa.gov/precheck>. This requires an online application, a brief in-person interview, usually at a local airport, and an \$85 fee. You may have to wait a few weeks to get an interview so apply early. If you're traveling internationally, consider a Global Entry card from US Customs and Border Protection. It costs \$100 for a five-year card but includes TSA PreCheck privileges and a likely shorter wait at Passport Control when you return to the United States. If you're unable to get out of a wheelchair for the airport security screening, call TSA Cares at 855-787-2227 or email [TSA-ContactCenter@tsa.dhs.gov](mailto:TSA-ContactCenter@tsa.dhs.gov) at least 72 hours before your flight. This special office can answer questions about screening and medical supplies, including liquids, you can take with you. You can also ask for a passenger support specialist to meet you at the screening checkpoint to help with the process. And go to <http://bit.ly/TSA-SpecialProcedures> for information on what you can carry on board. ■

The Capital Area Parkinson's Society is a volunteer-run organization and we could use your help. If you or anyone you know, might be interested in helping at our monthly meetings held on the third Saturday of each month, please call Mary Jackman at 512-371-3373.



## Area Outreach Support Groups

**Belmont Village – 2<sup>nd</sup> Friday @ 10:30am**  
4310 Bee Cave Road  
Westlake Hills, TX 78746

**Burnet – 2<sup>nd</sup> Wednesday @ 2pm**  
Seton Highland Lakes Hospital,  
Conference Room  
309 Industrial Blvd. (Behind Hospital)  
Burnet, TX 78611

**Deep Brain Stimulation (DBS) –  
3<sup>rd</sup> Friday @ 2pm**  
Neurology Solutions Office  
12345 N. Lamar Blvd.  
Austin, TX 78753

**Lakeway – 1<sup>st</sup> Tuesday @ 2pm**  
Vibra Rehabilitation Hospital of Lake Travis  
2000 Medical Drive  
Lakeway, TX 78734

**Querencia/Barton Creek Southwest –  
4<sup>th</sup> Wednesday @ 2:30pm**  
Plaza Building, 2<sup>nd</sup> Floor, Lantana Room  
2500 Barton Creek Blvd.  
Austin, TX 78735

**Round Rock – 4<sup>th</sup> Tuesday @ 3pm**  
Wyoming Springs Assisted Living  
7230 Wyoming Springs Drive  
Round Rock TX 78681

**Simultaneous Care Partner and Patient –  
2<sup>nd</sup> Tuesday @ 10:15am**  
Covenant Presbyterian Church  
3003 Northland Drive  
Austin TX 78757

**Young Onset Parkinson's Disease (under 55)  
Last Saturday @ 10:00am**  
Stinson's Bistro, 4416 Burnet Road  
Austin TX 78756  
Contact: Bob Sahn at 512-914-2132  
or [rsahm99@gmail.com](mailto:rsahm99@gmail.com)

For more information, visit [www.capitalareaparkinsons.org](http://www.capitalareaparkinsons.org).

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## November Membership Meeting

### *Panel Discussion with Neurology Solutions - Advances in Nutritional/Metabolic Treatments for Neurodegenerative Diseases and DBS Updates*

Our November meeting will feature an informative panel discussion with Dr. Rob Izor and team members from Neurology Solutions. The discussion will focus on key topics of interest to the Parkinson's community, including treatment options and recent updates on DBS. Robert M. Izor, MD, MS, a board-certified neurologist, has extensive knowledge and experience with the use of advanced, interventional treatments that includes medication, nutrition counseling, physical therapy, cognitive and speech evaluation, pain and spasticity control, sleep evaluation and surgical management including DBS and Intrathecal Baclofen Pump (ITB) Therapy.

Lunch will be provided  
by Medtronic.

Saturday, November 18 • 2:00-4:00 p.m.  
Medical Office Building, St. David's Medical Center  
3000 N. IH-35, 5th Floor Conference Room

