



Memory Minders: **Travel Kit** Contents

Travel Bags: A. Care / B. Temperature-Sensitive / C. Document

1. LOCAL TRAVEL

A. Care Travel Bag

1. Essentials – May or may not be in Care Travel Bag
 - Cell phone
 - Keys: House / Car
 - Wallet / Purse / Money belt
 - Insurance – Auto / Medical card/ (Travel insurance for extended travel)
2. Basic Items
 - Extra change of clothes:
 - Easy pull-up pants, button-up blouse/shirt, socks, slip-on or Velcro shoes
 - Kleenex & Wet Wipes
 - Bib (if needed)
 - Disposable pull-ups (for example: Depends)
3. Comfort & Calming Items
 - Stuffed pet animal
 - Ear Plugs

B. Temperature-Sensitive Travel Bag

- Medications (extra in case you stay longer)
- Hand sanitizer
- Water – small bottles
- Snacks
- Camera & Electronics for entertainment

C. Document Travel Bag (Ziploc Blue top strip gallon bag)

- *** **Emergency Contact Card** for *person with dementia* (Ziploc Green top strip snack bag)
- *** **Emergency Contact Card** for *care partner* (Ziploc Green top strip snack bag)
 - (Note: After filling out, protect by covering with clear tape or laminate)
- *** **Emergency Travel Medical Form** (Ziploc Green top strip sandwich bag)
- *** **Helpful Tips when Dealing with Dementia** brochure from Alzheimer's Speaks
- *** **Memory Minders: A Kit for Caregivers** brochure (Kit at Roseville & Shoreview Libraries)
- *** **Tips for Dementia Travel – Local and Extended** tip sheet
- *** **Tips for Family Gatherings & Holidays: A Guide for Caregivers** tip sheet

2. EXTENDED TRAVEL – additional items

A. **Essentials** – May or may not be in Care Travel Bag

- Tickets / Boarding Passes
- Passport / Government issued ID with picture

B. Document Travel Bag

- *** **Trip Planner Form** / *** **Travel Itinerary** (Sample on back of this page)

Other possibilities:

- **Medical Travel Letter** from primary physician on letterhead with signature
(for example: if using needles for injections)
- **Medical condition(s) in appropriate languages** on 3 x 5 index card when traveling in non-English speaking country (e.g. English: I am a diabetic / German: Ich bin Diabetiker)

DIY: How to Build a Memory Minders: Travel Kit – Sept 13, 2018

Document Travel Bag components:

Print one each of all the following:

0 -Document Travel bag label (address labels - 30/sheet) – (Color) or

Write with black perm marker on Ziploc bag label area of Document Travel Bag

1a -Emergency Contact Card for *person with dementia* – (Color) 2-sided biz card (1 shts@10 cards)

1b -Emergency Contact Card for *care partner* – (Color) 2-sided biz card (1 shts@10 cards)

2 -Emergency Travel Medical Form / How to fill out – (Color) 2-sided letter size sheet / quarter-folded

3 -Tips for Dementia Travel – Local and Extended – (Color) 2-sided letter size sheet

4 -Tips for Family Gatherings & Holidays: A Guide for Caregivers - (Color) 1-sided letter size sheet

5 -Memory Minders: Travel Kit Contents / DIY: How to Build a Travel Kit – (Color) 2-sided letter size sheet

8 -Trip Planner Form / Travel Itinerary (Sample) – (Black & White) 2-sided letter size sheet

Source: City of Roseville website to download:

General dementia info: www.cityofroseville.com/dementiainfo

For **Travel Kit** info: <https://www.cityofroseville.com/DocumentCenter/View/23133/Dementia-Travel>

6 - Helpful Tips when Dealing with Dementia brochure- 2-sided brochure Color / Need to fold

Source: Alzheimer's Speaks website to download:

a FREE PDF version to use and share in the original copyright format

<https://alzheimersspeaks.files.wordpress.com/2017/07/trifold-final-5-22-17-lori-changes-0523017-final-final.pdf>

7 -Memory Minders: A Kit for Caregivers brochure - 2-sided brochure Color / Need to fold

Source: Ramsey County Roseville or Shoreview Libraries – Ask librarians for digital color brochure.

or download only a written description of **Memory Minders: A Kit for Caregivers**:

<https://www.rclreads.org/about/library-news/memory-minders-kit-caregivers>

Assembly & Order of documents in Memory Minders: Travel Kit (order by height)

Document Travel bag: Gallon freezer bag (Blue top-Ziploc) with Label which includes:

1- Snack bag (Green top-Ziploc) contains 2 Biz Cards

- Emergency Contact Card for *person with dementia* – 2-sided biz card
- Emergency Contact Card for *care partner* - 2-sided biz card

2- Sandwich bag (Green top-Ziploc):

- Emergency Travel Medical Form / How to fill out - 2-sided letter size sheet (quarter-folded)

3- Brochure: Helpful Tips when Dealing with Dementia - 2-sided brochure - Folded

4- Brochure: Memory Minders: A Kit for Caregivers - 2-sided brochure - Folded

5- Memory Minders: Travel Kit Contents / DIY: How to Build a Travel Kit - 2-sided letter size sheet

6- Tips for Dementia Travel – Local and Extended – 2-sided letter size sheet

7- Tips for Family Gatherings & Holidays: A Guide for Caregivers -1-sided letter size sheet

8- Trip Planner Form / Travel Itinerary (Sample) - 2-sided letter size sheet