

## TRAVEL HINTS FOR TRAVELLING INTERNATIONALLY WITH KAUMATUA

These hints are based on the *LiLACS NZ* research team's recent trip to the New Orleans, USA to present in the 66<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America.

### For older people with a heart condition that is inoperable ...

- Shortness of breath & breathing difficulties.
- Tiredness.
- Lots of sleep required.
- Go to bed early.
- Good and bad days.
- **The spirit is willing but the body and the mind let you down!**

### What to do?

- **Don't leave Aotearoa, New Zealand without insurance!**
- **Engage in a healthy eating and fitness programme well in advance of the trip!**
- For those people aged 80 plus years old with a pre-existing health condition, a certificate of health from your GP will be required and expect to pay an 'excess' fee to the insurer.
- For those people aged 65 to 80 years old with a pre-existing health condition, a certificate of health from your GP will be required. No excess fee payable to the insurer.

### Team leader ...

- Assign a carer [for the team of older people].
- Take a folder containing all the information from the insurer.
- Ensure that you have the insurance Policy Number.
- Ensure that you have the insurer's contact details.
- Take the traveller's *Pre-existing Conditions* information with you [medications should be noted]
- Ensure that you obtain, at least, a letter of discharge from the GP should a traveller be admitted to a hospital abroad.
- Remain with the traveller throughout his or her stay in a hospital.
- Take a clean credit card with you.
- Book a wheel chair [at each airport] through your travel consultant.
- Book a special meal, for example, a diabetic meal [special meals are delivered first on the plane].
- **Be courteous and polite and wherever in doubt, pray!**

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