

No stopping happy wanderers

by HEATHER GRANT-CAMPBELL

QUEENSLANDERS Christine and Paul Bryden love to travel. Recently returned from trips to Japan and the US, they're keenly anticipating a cruise taking in South-East Asian destinations early next year.

Not terribly remarkable for a retired couple? What if one of them has dementia?

"Life doesn't need to stop because of a diagnosis," Christine, 68, told *The Senior*.

Paul added: "With careful planning and special considerations, anything can be achieved."

Christine, who was diagnosed with dementia 20 years ago, and Paul have welcomed the development of a step-by-step guide for travellers with dementia and their carers by QUT in partnership with Brisbane Airport Corporation and Alzheimer's Australia.

Previously, no guidelines existed for dealing with such passengers for airlines, airports or carers.

"Simple measures such as good, clear directional signage using universal symbols is not just dementia-friendly: it makes finding your way around an airport easier for everyone," Paul said.

Christine agreed. "I can get terribly tired and stressed by busyness and unfamiliar surroundings and sounds, to the point



BON VOYAGE – Christine and Paul Bryden say having dementia is no reason to stop exploring the world.

of developing migraines. That's not a great start to travel!"

Brisbane Airport Corporation managing director Julieanne Alroe said the airport had gained valuable insight into how it can make simple changes to public spaces, such as creating "quiet places" within the terminals

for people to set down and rest.

These can make a tremendous difference – not just for people with dementia but for travellers with other special needs.

"We hope that by promoting dementia awareness whilst embracing the many initiatives that come with making a pas-

Top tips for dementia-friendly travel

- Plan your trip thoroughly, in advance and in detail, including getting to the airport.
- Visit the airport beforehand to familiarise yourself with its layout.
- Use services you are familiar with, for example stick to one airline, and book flights at quieter times.
- Don't be in a rush – allow time
- Keep hand luggage to a minimum and consider earplugs an essential for your carry-on luggage.
- Choose seats together, with easy access to in-flight toilet.
- Make use of wheelchair assistance services at airports (even if ambulatory).
- Factor in flexible stopovers to allow gradual adjustment to different time zones.

senger's experience more enjoyable, other airports in Australia will be encouraged to jump on board and become dementia-friendly too," she said.

■ Download the airport users travel guide at dementiakt.com.au/resource/airport-user-guide

GIVEAWAY



What's that, grandpa robbed the bank?

OSCAR winners Morgan Freeman, Michael Caine and Alan Arkin team up as lifelong buddies in the hilarious comedy *Going in Style*.

The three decide to buck retirement and step off the straight and narrow for the first time in their lives when their pension fund becomes a corporate casualty.

Desperate to pay the bills and come through for their loved ones, the trio risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.

Do they succeed?

■ *Going in Style*, from Roadshow Films, DVD available from August 2.

■ The Senior has three *Going in Style* packs (containing DVD, 3-in-1 bodywrap blanket, dress socks with button, and pill bottle organiser) to give away. To go in the draw, write your name, address and phone number on the back of an envelope and post it to: The Senior, *Going in Style*, PO Box 1000, Wyong NSW 2259. Entries close September 1, 2017. Conditions on page 16.

MORE GIVEAWAYS –
www.thesenior.com.au/competitions



GARDEN VILLAGES

Rental units available NOW for independent seniors

Garden Villages provides independent seniors with an alternative to traditional retirement living, offering rental units in a secure community of like-minded people.

- » No big upfront fees, just your weekly rent
- » Secure community of like-minded people
- » Ground floor units with large bathroom and private courtyard
- » Home-style meals prepared on-site or self-catered options available
- » Small pets welcome
- » Free social activities, performances and bus trips
- » Onsite Village Manager (Monday – Friday)
- » Our **FREE Ingenia Care service** will connect you with the care you need to live an independent and active life

Call us today for a FREE information pack or to arrange a tour of one of our communities.

31 VILLAGES ACROSS 5 STATES

QLD Bundaberg • Brisbane **NSW** Bathurst • Coffs Harbour • Dubbo • Goulburn • Port Macquarie
Taree • Tamworth • Wagga Wagga **VIC** Ballarat • Geelong • Horsham • Melton • Warrnambool
TAS Devonport • Hobart • Launceston **WA** Albany • Bunbury • Mandurah • Seville Grove • Swan View

Call 1800 44 54 64

www.gardenvillages.com.au



AN INGENIA COMMUNITY