

Vacation planning: How to take elderly parents on a holiday



Choose the right destination

When making plans pick a place and travel route that they'll be comfortable with to reduce complications, stress, and difficulties.



Plan activities for them

Many vacation spots offer activities for people of all ages. Take them where they can spend time doing something and really enjoy the break.



Keep the itinerary simple

Don't plan a jam-packed schedule. Factor in their breaks — restroom, snack, and resting time to sit and catch their breath.



Research about accommodation

Book into a place that will be safe and suitable for your parents. Choose a lower-level room, check about the food and clinics near-by.



Arrive early at airports and train stations



Mobility issues can make your parents move slower. Arrive early to ensure there's enough time to pass through security or walk to your seats.



Buy travel insurance

Medical emergencies can come up any time. Getting travel insurance for the duration of your stay will help you manage any unexpected expenses.



Help your elderly parents stay healthy with Wellbeing on the Web



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