

thrive

BE YOUR BEST SELF

Meet
Laura

Traveling
with PD

The Travel Issue: Parkinson's-Friendly Guide to Exploring the World

Discover practical tips, inspiring stories, and expert advice that make traveling with Parkinson's disease enjoyable.

*Featuring Laura, a world traveler
who lives with Parkinson's.*

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Editor's note

The mission of *thrive* is to help members of our community be their best selves. In this issue, we delve into the best way to travel when living with Parkinson's or as a care partner. Whether you're planning an adventure in the city or a break at sea, this issue is designed to help you navigate your travels with ease and confidence.

This edition features Laura, a triumphant traveler with Parkinson's. She shares her wealth of tips and tricks, empowering fellow travelers to journey with comfort. Additionally, we take a closer look at travel agencies that specialize in making your travel aspirations a reality. Plus, we offer you a peek inside the travel bag of Sharon, author of the *Twitchy Woman* blog who lives and travels with Parkinson's, who reveals her essential items and innovative gadgets that smooth out the bumps often encountered during travel.

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Embark on a journey with Laura as she shares her profound experiences and essential tips for navigating the world with grace while enjoying every moment to its fullest.

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Living with Parkinson's doesn't mean shelving your wanderlust. Today, travel is more accessible than ever. Discover specialized agencies that craft experiences for people with accessibility needs, helping you embark on adventures from local road trips to exotic global tours.

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Sharon, the voice behind the *Twitchy Woman* blog, shares her essential packing tips for traveling with Parkinson's disease. She highlights key items like walking poles, a specialized care kit, and comfort aids that make journeys more manageable.

Our mission

thrive is a newsletter that's all about you—devoted to the topics that interest you and the decisions that matter most to your life. It's not about dealing with a diagnosis. It's about thriving with it. *thrive* is about helping you make great choices so you can live life on your terms. Sign up to receive future issues: thrivingwithPD.com

Navigating the World With Parkinson's: Laura's Guide to Traveling

Adventure awaits! This is especially true for Laura, a native of Mexico currently residing in Florida with her husband. Diagnosed with Parkinson's in 2014, she has turned her love for travel into a tapestry of experiences. From the sun-kissed shores of Greece to the unique wonders of the Galapagos Islands, from the timeless beauty of Italy to the captivating allure of Turkey, she's not just traveling—she's crafting her story, one destination at a time.



Laura enjoying gelato in the heart of Barcelona

Traveling is a blend of adventure and conscientiousness, which is especially meaningful for those navigating life with Parkinson's. Laura highlights the importance of balance and self-care during travels. Reflecting on her own encounters, she shares, “Some people are so intent on squeezing the

Laura's traveling tips and must-have travel items:

1. Find a comfortable backpack that assists with posture and fits all your belongings
2. Store pills in various locations for easy access and in case of misplacement
3. Bring outlet adapters with you for charging purposes
4. Purchase a “tech pouch” to store charging cords
5. Alert phone company of travel plans to ensure a special international rate for long-distance calls and texts

- Pill organizer
- Smartphone
- Medical alert bracelet (indicating that you are a person living with Parkinson's)
- Medical alert card (in the most common language spoken in destination)



very last drop out of their trip that they forget to enjoy it. I used to visit all the sights and museums I could fit in a day, and wore myself out,” underscoring the value of enjoying the journey, not just the destinations.

Laura also focuses on managing her condition effectively while traveling. For Laura, “Good On” time, a period when Parkinson’s treatment is working well, without uncontrollable movements called dyskinesia or with nontroublesome dyskinesia, is not just a hope, but a goal she actively works toward. She lives for these moments of mobility, and her strategy is a blend of careful planning and self-awareness. **Laura doesn’t leave her well-being to chance; instead, she adheres to a strict medication schedule. She adjusts for various factors like time differences, jet lag, and mealtimes during her travels.** Laura’s approach is proof of how proactive management and personalization can empower one to fully embrace and enjoy every travel experience.

For Laura, “Good On” time...is not just a hope, but a goal she actively works toward.

Laura tells us, “Your trip is a trip of the mind, it’s a trip of the spirit.” To her, traveling is a transcendent, soul-stirring adventure. “When I was in Greece around the Athenian Acropolis, I realized that I was stepping on the same ground that Socrates once was. I’m walking in the past, and yet, I’m walking in the present.”

Her careful considerations speak to the profound impact of immersing oneself in the cultures and histories of different lands. Sharing a nugget of wisdom for fellow travelers, Laura advises, “Don’t live behind the camera. Remember to experience the moment or you’ll end up with a lot of pictures, without really having been there.”

...traveling is a transcendent, soul-stirring adventure.

Her advice echoes the sentiment that the essence of travel is found in fully experiencing, not merely observing, the world around us. Adjusting your travel arrangements to suit your unique needs ensures that every aspect of your journey will be as comfortable and enjoyable as possible, she says. She advises to research

the facilities you plan on visiting, such as hotels, restaurants, museums, theaters, and such, to know what to expect on the trip. “Take the time to confirm details such as the availability of an elevator if climbing stairs is difficult, or choosing a room with a shower over a tub if mobility is a concern.”

...she’s not just traveling—she’s crafting her story, one destination at a time.

To bridge communication barriers and make sure that the people around you know your limitations, she recommends carrying on you cards that explain that you are a person living with Parkinson’s in the language of your destination. Laura’s story is more than about the joys of travel; it’s a powerful message urging us to make the best of our life

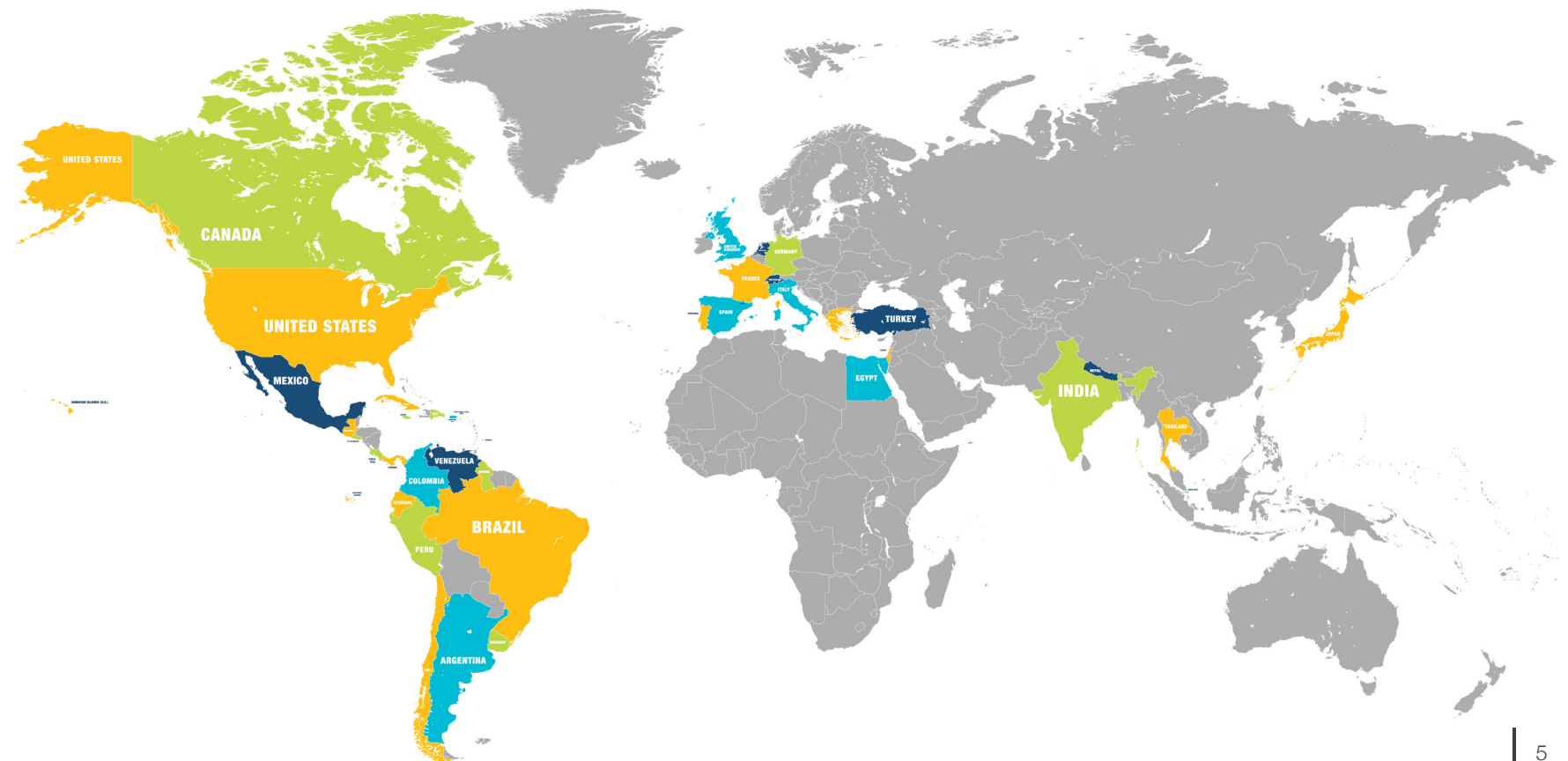


Laura on the plane headed to Manaus

notwithstanding the obstacles. **Through her mindful approach, practical strategies, and zest for exploration, she inspires us to embrace the world with curiosity and an open heart.** Her experience shows that careful planning coupled with a good disposition can make a journey safe and enriching.

Places Laura has traveled to:

Argentina, Andorra, Barbados, Brazil, Canada, Chile, Colombia, Costa Rica, Cuba, Curaçao, Dominican Republic, Ecuador, Egypt, El Salvador, France, Galápagos Islands, Germany, Greece, Guatemala, Guyana, Hawaii, Hong Kong, India, Israel, Italy, Jamaica, Japan, Mexico, Mónaco, Nepal, the Netherlands, Panama, Peru, Portugal, Puerto Rico, Singapore, Spain, St. Thomas, Switzerland, Thailand, Turkey, the United Kingdom, the United States, Uruguay, Venezuela.



The World Is Your Oyster: A Guide to Accessible Travel Agencies

Today, travel is more accessible and inclusive than ever for people living with all kinds of disabilities, including the approximately 500,000 people in America living with Parkinson's.

Thanks to agencies and organizations specializing in accessible travel, you can find help planning your next adventure: Whether it's a local road trip, an exotic tour across the globe, or anything in between.



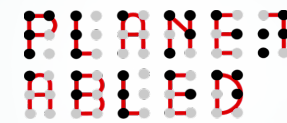
Living with Parkinson's disease doesn't mean you have to pack your wanderlust away.



Travel for All

Travel for All has assisted thousands of travelers with accessible trips and experiences around the world. They connect you with experts who can make personalized recommendations based not only on your physical needs but also your style and your travel desires. Their agency actively audits the travel partners they recommend to ensure that things that are described as accessible are truly accessible.

To learn more, visit: www.travel-for-all.com



Planet Abled

Planet Abled specializes in accessible travel solutions and excursions around South East Asia and India, and soon will expand into Europe. They partner with businesses to help them be as inclusive as possible to all types of accessibility needs. Inclusive Travel Designers are available to tailor trips to your needs and travel goals, providing quality service at equitable prices.

Whether it's a specific city, cruise, or a one-of-a-kind local experience, Planet Abled is a globally recognized travel resource for groups, couples, family trips, solo travelers, and more.

To learn more, visit: www.planetabled.com



Cruise Everything

If you're searching for a cruise, look no further than Cruise Everything, which offers cruises specifically for the Parkinson's community worldwide. They understand the unique needs that people living with Parkinson's have, while offering events, amenities, and excursions tailored to them.

The challenges of Parkinson's may make travel feel a bit daunting, but the world is a big, beautiful place. With help from these expert resources, you can feel empowered to explore various destinations.

To learn more, visit:
www.cecruisegroups.com/parkinson-cruises.html

What's in Your Bag?

Diagnosed with Parkinson's in 2009, Sharon, the creative force behind the *Twitchy Woman* blog, has explored the globe from the icy expanses of Antarctica to quaint cobbled lanes of historic villages. Her adventurous spirit is matched by her clever knack for packing just the right items to navigate challenges that may come her way.

app and noise-cancelling headphones are her go-to solutions. For managing Parkinson's on the go, she relies on the StrivePD app to monitor her activity and medication schedules and uses a portable massage gun for immediate muscle relief.

Sharon's approach to travel demonstrates that with the right tools and preparations, adventures can still be embraced fully and joyfully. Her thoughtful selection of essentials and gadgets encourages others living with Parkinson's to not let their diagnosis ever limit their horizons.

Inside Sharon's travel bag:

- **Walking Poles** (*essential for maintaining balance*)
- **Parkinson's Foundation "Aware in Care" Kit** (*keeps medications organized and easily accessible*)
- **Hat & Sunscreen** (*protection from getting sunburned*)
- **Massage Stick** (*soothes muscles*)



Comfort is a priority during those long rides in planes, trains, or cars, so Sharon brings along cozy sweats and strives to stay hydrated with lots of water and hydration supplements. To unwind and drift into peaceful sleep on noisy planes, the Calm



Sharon, creator and author of *TwitchyWoman.com*

TO RECEIVE HELPFUL TIPS, RESOURCES, AND ARTICLES,
HEAD TO [THRIVINGWITHPD.COM](https://www.thrivingwithpd.com) OR SCAN THE QR CODE



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