

SIR Branch #35 Travel Tips November 2019

Essential Hacks for Senior Citizens Who Love to Travel

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Senior Travel, Travel Tips

Growing older doesn't have to slow you down. In this day and age, your senior years can prove to hold some of the most exciting and eye-opening experiences of your life. Age is just a number, especially when it comes to exploring the world. So if you're a senior citizen who loves to travel, here are a few essential hacks to help you on your adventures. And remember — you're only as old as you feel!

Keep It Simple

Traveling is hard enough without adding additional stress. With that in mind, keep things simple and uncomplicated when looking for accommodations. Make sure your hotel is in a location that is central to all your plans, and easy to reach. You don't want to make it a hassle to get back to your residence at the end of a long day of adventuring. When picking a hotel, look for one that fulfills all your needs. A lot of hotels offer special consideration for senior travelers, so don't be afraid to speak up!

Be Safe

Security matters, even when you're on vacation. Before you leave, don't advertise publicly that you'll be away from home. This includes social media, so don't announce when you'll be gone on Facebook! Thieves can track social media and use this information to rob you while you're on vacation. If you can, have people check in on your home while you're away. They can pick up the mail, water the plants, and turn on some lights. This will all give the illusion that people are still at home, and will help keep your house and possessions safe.

Take It Easy

Travel can be a lot of fun, but it's easy to push yourself too far. Sure you want to see all the sights and take in all the culture, but you need to take care of yourself as well. Make sure you set aside time every day to rest and recuperate. Take a siesta, or give yourself some down time to relax. You'll still have time to get through everything on your itinerary, but you won't risk your health while you're at it.

Look into Special Services

Want to take a tour or travel to a specific location? Find out if there are any senior-centric tours that you can take advantage of. Many historical sites offer tour guides that specialize in senior needs. You can even do a whole tour with other active seniors, allowing everyone to explore at a more relaxed pace. Many museums have hearing support for those with auditory issues. The

bottom line: do your homework before you head out on the road. You'll be surprised by all the resources at your disposal!

Stay in Touch

People back home want to see pictures of all your amazing adventures (and make sure you're safe). Keep your loved ones updated by regularly checking in. There are apps available for this specific purpose, but if you're not tech-savvy a daily phone call or text will work just as well. This way, if you fail to check in, family members can handle the situation accordingly. Consistent check-ins can keep a minor problem from turning into a major travel disaster.

Pack The Necessities

On medication? Make sure you bring extras for your trip. No one wants to be stuck overseas only to find out that they're running low on a much-needed prescription. Talk to your doctor about packing extra medication as needed, as well as the best methods for storing and protecting your prescriptions. If you're worried about your wheelchair breaking down, consider bringing back-up pieces (or knowing how to get them). Your safety and comfort are top priority when traveling, so make sure everything you need will be at your disposal.