

Traveling With Incontinence Checklist

- Give yourself time to plan the trip.
- Prepare yourself and your family for the trip and unexpected challenges.
- Be prepared for a heavier caregiving workload.
- Understand that your trip may not feel relaxing.
- Set clear boundaries with others about your loved one's needs and request accommodations if needed.
- Be ready to make tough decisions including canceling the trip if needed.
- Have a family emergency plan and a trusted adult ready to help if needed.
- Consider hosting instead of traveling.
- Remember to manage your own stress when you can.