TRAVEL HINTS FOR TRAVELLING INTERNATIONALLY WITH KAUMATUA

These hints are based on the LiLACS NZ research team’s recent trip to the New Orleans, USA to present in the 66th Annual Scientific Meeting, Gerontological Society of America.

For older people with a heart condition that is inoperable …

- Shortness of breath & breathing difficulties.
- Tiredness.
- Lots of sleep required.
- Go to bed early.
- Good and bad days.
- The spirit is willing but the body and the mind let you down!

What to do?

- Don’t leave Aotearoa, New Zealand without insurance!
- Engage in a healthy eating and fitness programme well in advance of the trip!
- For those people aged 80 plus years old with a pre-existing health condition, a certificate of health from your GP will be required and expect to pay an ‘excess’ fee to the insurer.
- For those people aged 65 to 80 years old with a pre-existing health condition, a certificate of health from your GP will be required. No excess fee payable to the insurer.

Team leader …

- Assign a carer [for the team of older people].
- Take a folder containing all the information from the insurer.
- Ensure that you have the insurance Policy Number.
- Ensure that you have the insurer’s contact details.
- Take the traveller’s Pre-existing Conditions information with you [medications should be noted]
- Ensure that you obtain, at least, a letter of discharge from the GP should a traveller be admitted to a hospital abroad.
- Remain with the traveller throughout his or her stay in a hospital.
- Take a clean credit card with you.
- Book a wheel chair [at each airport] through your travel consultant.
- Book a special meal, for example, a diabetic meal [special meals are delivered first on the plane].
- Be courteous and polite and whoever in doubt, pray!

Mere Kēpa, Paea Smith, Betty McPherson, Waiora Port, Leiana Reynolds, Hone, Kameta, Florence Kameta, & Kinny Kēpa