

# Parkinson PULSE

Connecting people living with Parkinson disease in Alberta



# Travelling with Parkinson's

**SAVE THE DATE!**



# **2022 HOPE CONFERENCE**

## **Saturday, November 5**

Join us *VIRTUALLY* *or* at one of our  
LIVE viewing events across Alberta!

Calgary

Edmonton

Grande Prairie

Red Deer

Vermilion

Medicine Hat

Lethbridge

**Registration & details at [parkinsonassociation.ca](https://parkinsonassociation.ca)**



Fall 2022

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*Parkinson Association of Alberta is the source for support, education and inspiration for people impacted by Parkinson disease and Parkinson's Plus Syndromes, and engagement in important quality of life research with an emphasis on Alberta.*

We welcome your comments, suggestions and questions. Email us at [communications@parkinsonassociation.ca](mailto:communications@parkinsonassociation.ca); or call us toll-free at **1-800-561-1911**.

Parkinson Pulse is available (both past and present issues) as a free download via our website. Hard copies are available for mail out to current members who wish to receive one.

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## Important Dates to Remember:

**Our PAA offices will be closed on the following dates:**

- October 10 (Thanksgiving)
- October 24 to 26 (Staff Meetings)
- November 11 (Remembrance Day)
- December 26 to January 2 (PAA Annual Winter Break)

**Saturday, November 5  
is Hope Conference.**

**Details at  
[parkinsonassociation.ca](http://parkinsonassociation.ca)**

Articles and information contained in the Parkinson Pulse are provided solely for the reader's interest. Articles do not necessarily reflect the views of Parkinson Association of Alberta and are NOT intended as medical advice. Please consult your doctor or neurologist in all matters relating to health concerns or medication.



# Message from our Executive Director

Dear Friends,

Thank you all for a wonderful Parkinson Association of Alberta summer. I had the pleasure of joining several social gatherings and enjoyed meeting so many new and long-time members of our organization. It is inspiring to see and hear about your Parkinson's journeys and how you are working hard to stay active.

September 10th and 11th saw more than 1,000 people turn out in nine communities across our Province for the 10th Annual Step 'n Stride Walk for Parkinson's. There are incredible passionate leaders across this province who helped to ensure this important fundraiser was a success. Thank you to every volunteer, sponsor, individual and team that invested your time and financial resources in support of the work of Parkinson Association of Alberta. Because of you, we are able to continue our focus on making sure people living with or loving someone with Parkinson's or Parkinson's Plus have access to meaningful emotional and practical support, education and programming designed to improve day to day quality of life.

This edition of Pulse focuses on travelling when you are living with Parkinson's. Living in Alberta means so

many of us are looking for a break from the weather or maybe it's time to visit family and friends in other parts of the world. The pandemic has limited our ability to do this recently but with great deals to be had and improvements to the struggling tourism industry, now is a great time to think about getting away. "Think about" is sometimes the trick though, when one is living with mobility issues, strict medication schedules and the possible impacts of changing routines and unpredictability. Our team has pulled together some valuable thoughts, including from those with lived experience, to help in your planning. We hope you find this edition helpful in your fall and winter plans and we look forward to hearing about your travels when you return!

Thank you again for being part of our Parkinson's community. Have a safe and peaceful autumn!



Lana Tordoff





Written By: Brandi La Bonte

"Little by little one travels far." Regardless of who this quote is actually attributed to, it is one of my personal favorites. Everything about travel for me is fun and exciting. And I know I'm not alone in this thought. Whether it is a great global adventure, a road trip to see family/friends or a staycation for some R&R, the destinations are as varied as we are – sparkling cities, peaceful mountain retreats, magical theme parks, or the call of the open seas. And the joy too is different for each of us. Some seek out daring thrills, or new cultures and experiences, while others aim for quiet contemplation, beaches and books, or quality time in the great outdoors. Whatever your personal preference, travelling can be one of life's great joys.

When one is diagnosed with Parkinson's however, it can seem like that part of your life is something you have to give up because...well...you have Parkinson's. In this issue we aim to show you that doing something you love, in this case travelling, can still be done and bring great joy. All it takes is a bit of planning, a few modifications, and an honest conversation with yourself and/or your loved one.

Over the thirteen years I've worked here I can honestly say I am never more excited for our clients than when they take a trip (or do something) they didn't think they could! Across the province our folks have gone

on adventure treks to the Galapagos, taken family trips to Disneyland and solo trips to Australia, toured Japan, Scotland and many, many other European destinations. They've spent extended time in Arizona, California, Florida, Hawaii, and Mexico. They've hit the road for family reunions, weddings, graduations, and new grandbabies! Road trips to the East Coast, West Coast, Prairies and even north to Yukon and Alaska!

To start you off, our Client Services team has contributed articles on various aspects of travelling from pre-trip planning to what to do when you get there. Travelling solo (thanks to Jim Archibald for his input and insight!) or with a DBS or DuoDopa device. Of course, there may be aspects to travel that we haven't covered here; as always, our Client Services Coordinators are happy to help you work through any travel concerns or questions you might have.

Parkinson disease may be what you have, but it is not who you are and it does not define you. So if you have been putting off that trip (or anything else) because "you have Parkinson's", I encourage you to reconsider and reach out. Life is too short not to do the things that bring us joy!

Safe travels.

# TRAVEL MOBILITY AIDS

BY: EMMA TORNEIRO



**PILL REMINDER**



**ANTI-TREMOR CUTLERY**



**WEIGHTED CUTLERY**



**PORTABLE SHOWER CHAIR**



**PORTABLE WHEELCHAIR**



**DISPOSABLE BED PADS**



**SUCTION CUP SHOWER GRAB BAR**



**FOLDING POWER WHEELCHAIR**



**HANDY BAR**



**PORTABLE COMMODE**



**COLLAPSIBLE CANE**



**PORTABLE BED RAIL**

**THIS IS A BRIEF LISTING OF TRAVEL- FRIENDLY MOBILITY  
AIDS. TO PURCHASE THE AIDS, CONTACT YOUR LOCAL  
MEDICAL SUPPLY STORE OR A CLIENT SERVICES  
COORDINATOR**





# Planning Ahead

## The Key to More Enjoyable Travel with Parkinson's

*Written By: Sherry Bower-Gagne*

Preparing to travel? How exciting! Whether you are planning on driving, flying, taking a train, bus, or cruise planning ahead is key. In this article we'll go over some ideas and tips to help you plan your best journey.

If you are like me, when I was younger sleeping in the car was an adventure when we had the reservation date wrong or just wanted to travel on a whim and take our chances. I am sure we could all share some great stories of those types of adventures. However, as we get older and/or experience health challenges (like Parkinson's), adventures like that are not always welcome and we do not bounce back as easily.

This is where planning comes in and brings confidence that there will be no surprises, or at least none that are within your control. And, even if those surprises do arise you will have a plan and feel more prepared to tackle them. Let's look at ways to plan your trip with confidence, and plan for a trouble-free travel experience. Remember knowledge is power, planning gives you that power and more control over what to expect or how to deal with hiccups that may happen.

**Planning your trip** when travelling with a disability is important. Building your travel plan early and reviewing it before you go will give you the peace of mind of what to expect and the knowledge to know how resolve issues if need be.

Your first connection needs to be your Doctor/Neurologist. Let them know about your plans and see if there are precautions or suggestions they would

suggest before you take off on your adventure. Check into travel insurance so that if you become ill, you know that you will be covered wherever you are. Inquire about any vaccinations that you may need; your health care team will have this information as well as your travel agent / travel consultant.

With experience comes wisdom and a plan brings peace of mind. Whether you are accessing a travel agent / travel consultant or planning the trip yourself through phone or online, make sure that you mention your disability and explain your accessibility needs. Researching and/or contacting services (airlines, cruise operators, hotels, etc) ahead of time will give you insight to what services are available (walk-in shower in the hotel room, help with baggage at the airport, accessibility on the cruise ship and/or ports of call, etc) and allow you to plan/book accordingly. Get them to provide you with a printed copy of what they provide. This will help you stay organized and give proof if you need to advocate for yourself. Alternatively, if providers are unable to meet your needs it will give you time to investigate other options.

**Accessibility standards** can vary greatly from one country to another, some countries do not have facilities to provide access to people in wheelchairs or other disabilities. Contact your travel agent / travel consultant, destination country's embassy or consulate in Canada. They will help you find out about the services that are available to ensure they meet your individual needs.



## Medication

### Travelling with Medication,

ask about how it may be handled at security points. It is also recommended that carry your medication in your carry-on luggage, you will want it to be accessible if your flight is delayed or if your luggage is delayed or lost.

**A note about medication,** some products sold over the counter in Canadian pharmacies may require prescriptions in other countries, this includes the United States. You may not be able to carry them with you without a prescription. Consult with your health care team for advice, as waiting to get through security is not the time for surprises.

**Your Aware in Care Kit** is one of your best tools when travelling, it is designed to be used for a planned or emergency trip to the hospital. It contains vital information about Parkinson disease that you or your care-partner can refer to in case of emergency. The kit is designed for a quick reference about symptoms, things to be aware of and a place to carry a list and back up doses of your medication. These kits come to you free when you purchase your Parkinson Association of Alberta membership or can be purchased separately. Speak with your Client Services Coordinators for more information.

## Mobility Aids and Flying

If you are travelling with a mobility aid, make sure to let them know ahead of time. Your wheelchair or scooter will need to be checked and stowed. By giving them notice you will ensure that you get the help you need. If you are travelling with a walker there may be some size restrictions, check with your travel agent / travel consultant or your airline to ensure you have the allowable size. It will go on the plane with you and be stored in overhead storage or under your seat.

Taking insurance on your wheelchair or scooter ahead of time is a wise idea in case of damage to your property. Your airline is required to offer the opportunity to make a special declaration of interest for your aid. This allows you to make a declaration of the monetary value and a description in case it is damaged, destroyed, lost, or not

returned to you when you land at your destination. This is an important thing to remember as the international instruments cap the carriers' limit of liability at a much lower value of most mobility aids. This is not good news for you if you have not completed the special declaration of interest, they may only reimburse you for a portion of the value of the aid. You will be able to find more information by consulting your travel agent / travel consultant, the airline's website or by speaking to an airline's agent.

There may be some restrictions on the number and types of batteries for mobility aids. You can find this information through your travel agent, carrier, or the government of the country you will be visiting.

## Safety and Travel

**Car Trouble,** no one wants to be sitting on the side of the road coming up with a plan during a high stress time. Planning ahead and investing in roadside assistance can pay off, whether it be a flat tire or break down, having this service brings a valuable level of safety and support. By doing a little research you will find the right company for you and create that peace of mind.

**Share your travel plan** with someone include your itinerary of where your reservations are. If you are planning on doing some spontaneous touring while you travel have a check in time that you can call, text, or email your contact person or people letting them know where you are.

Travelling is a freedom that so many enjoy, that does not have stop because we have a diagnosis. We just need to plan a bit differently. Remember knowledge is power and planning ahead brings peace of mind.

Safe travels and have a great time!

### Citations

<https://otc-cta.gc.ca/eng/reservation-checklist-persons-disabilities-a-step-step-guide-planning-your-travel>

<https://otc-cta.gc.ca/eng/accessible-transportation-persons-disabilities-regulations>

<https://travel.gc.ca/travelling/health-safety/disabilities>



# “Flying Solo”

## Seven Solo Travel Tips



**Written By:**  
**Alana Wright**  
**and Jim Archibald**



One of my favourite things about working with the Parkinson Association of Alberta is being able to meet so many wonderful people. My first conversation with Jim was a cheeky debate about the Edmonton Oilers and the Calgary Flames. When Jim agreed to help me with this article, I knew I had to sport my Oilers gear for our meeting. Apparently, Jim also had the same idea and was happily sporting his Flames attire. After another friendly debate, we got right down to business!

As a former teacher, Jim had summers off to travel, and went on many solo adventures across the globe. Upon learning he had Parkinson's he knew things would change, but he was not going to let that stop him from travelling the world! Jim was worried about keeping up with his exercise regime, how he would handle his tremors when near others, how to ensure he felt safe, and how to handle any limitations that may have come his way. However, as he continued to travel after his diagnosis, he was able to figure out ways to manage his concerns and still do the thing he loves! Travelling is extremely rewarding, but it can be intimidating at times when you have a Parkinson's diagnosis; especially if you're "flying solo" as it were. Believe in yourself, prepare, and have a quick peek at Jim's tips for travelling solo with Parkinson's!

### **1 Planning builds confidence and creates safety.**

A lot of building confidence comes from planning ahead, so be sure to check out our planning ahead article to be in the know! When travelling to a place where he has friends or relatives, Jim asks them to notify their family doctor of his diagnosis and the dates of his trip. Then, he sees if the doctor would be willing to see him during his trip if there was an emergency. Although the likelihood of needing to access a physician while travelling is slim, it is nice to have a safety net.

### **2 Book your transportation and accommodations based on symptoms.**

This was one of the most brilliant ideas I thought Jim shared during our discussion. For Jim, his tremors started on the left side of his body, so when travelling, Jim books his seat on the plane so that his left side was either against a window or in an aisle seat. This provided an overall sense of comfort and control over his symptoms when being around others. Additionally, Jim is also mindful about booking his seat near a washroom for sake of ease.

Although it may not always be feasible, Jim also suggested booking business class or preferred seating if you are able, especially during longer flights. The extra room can take away a lot of worry and provide comfort.



### 3 Carry a form of identification that notifies others about your Parkinson's diagnosis.

Travelling alone can be challenging, especially when you have a diagnosis that may make it difficult for you to communicate at times. When Jim became a member of the Parkinson Association of Alberta, he received a membership card. Jim carries this membership card when travelling and shows it to airport, hotel, and travel staff prior. He has found this has helped him receive extra time to get settled whether it is for an activity, transportation, or accommodations. It also increases his comfort and confidence in accessing help when his symptoms may not show as much or when someone may not be aware of Parkinson disease.

### 4 Ask for help or take it when it is offered, most people are more than willing to lend a hand.

Jim shared an experience he had in Stanstead, Quebec that I think a lot of you may relate to. He was in a busy area for security and needed to fill out a form. His tremors started “acting up” due to the stress, pressure, and noise of the area. A couple next in line recognized Jim needed help and assisted him in filling out that form. As far as Jim knew, it is possible that the couple recognized signs of Parkinson disease, but regardless they saw he needed help and stepped up. As a solo traveller with Parkinson's, it can be challenging at times, but Jim advises to embrace it and make the best of it!

### 5 Be aware of your limitations and the limitations of the place you are travelling to! No one knows how Parkinson's impact you daily better than you!

Jim knows that he can travel with Parkinson's but reminds himself that he can do selective travelling. By asking yourself questions such as “how far can I walk?” or “when will I eat or rest?” and “how is my balance?” you are able to recognize what you need to be mindful



of when travelling and not take on more than you can realistically do. Adjusting your expectations as your disease progresses is important, but it is a learning curve and can take time. The best thing you can do is to prepare as much as possible, be aware of things such as uneven surfaces, whether the area can accommodate a walker, or the length of time needed for activities. Not all countries have the same level of accessibility as Canada, so it is important to be aware of this.

### 6 Try and find a local Parkinson's organization and connect with them.

When travelling to Australia, Jim searched for a Parkinson's organization to connect with during his stay. He found a local organization and was even able to join an exercise class like his regular one in Alberta while he was there! When travelling solo, it can be comforting to know you have support to reach out to if you needed.

### 7 (Saved the best for last!!) Take a moment to take it all in and breathe

When going through a train station on one of his many travels, Jim found himself overwhelmed with the environment as there was a lot of people, lights, and noises. He found a place where he could sit down, breathe, and just take a moment to process everything and determine his next steps. Do not be afraid to take a moment before doing something!

A special thanks to Jim for all his help with this article! To end this off, here is one of my favourite quotes from Jim!

***“Don't let Parkinson's rule you, go for the things you enjoy!” – Jim Archibald***



# YOU'VE ARRIVED!

## Enjoying Your Vacation with Parkinson's

*Written By: Colleen Davison*

Travelling can be an exhilarating experience; travel can also be a nightmare if you aren't prepared. Once all the stops have been made and you are safely conveyed onto your holiday location, you may ask yourself: how do I relax and enjoy myself with Parkinson's? How do I ensure I am taking the best care of myself and my PD? Sometimes it is helpful to take a day to recover from a long journey. Remember, you know yourself best. Giving yourself time to adjust in a new setting will allow your body and mind to relax and readjust to new schedules, time zones, and activities.

**Upon your arrival at the Hotel**, asking destination staff to help you with luggage transport by obtaining a luggage dolly, locating the closest elevators, bathrooms, exits and wheelchair accessible areas will make the initial period of getting settled easier and faster. Experienced travelers will often make copies of their documents before leaving home including, Passports, Identification, insurance, medications, medical information, that they take during excursions away from the Hotel.

Asking destination staff for use of an in-room safe if available; utilizing a safe will ensure all your original documents, passports, money, credit cards and emergency contact and medical information remain secure.

Most Hotels will have adaptive shower seats available for the asking, never hesitate to make requests about things you need to assist you in your daily routines.

Preparing your new surrounding for a safe night is key to feeling comfortable. Bringing a small nightlight from home can make those late-night trips to the bathroom easier to navigate. Sleeping in a new environment may require that you ask for additional pillows if you sleep with your head elevated. It can also be challenging to sleep during periods where you would normally be awake, where you are in a time zone change. Maintaining a good sleep hygiene routine will be helpful, a few hours before bed, reduce sounds, light, and create a calming environment in which to settle, avoid drinks that stimulate the body and mind like caffeine and alcohol. Utilizing a sleep app may also help to calm the mind and body making a restful night achievable.

Many dining rooms are open for specific mealtime services. Making inquiries as to an earlier entry may assist where you require additional time to eat a meal. Pay special attention to dietary changes that could trigger gastro-intestinal issues such as diarrhea. Asking restaurant staff for less spicy varieties of foods, drinking only safe water and beverage sources and eating in destination approved venues may also help in avoiding upset stomach.



There are many factors to consider when making decisions about when to take your medications while travelling. These factors include time changes, storage of medications (e.g., refrigeration), dietary changes and available foods, sleep schedule changes, availability of a facility to access beverages, or food and hygiene supplies while you are out for the day/evening.

Once you have organized your "self-care routine" at your home away from home, you can now start to plan excursions. Here are some general recommendations for travelling with PD:

- » Pack a day bag, including a copy of your Passport/identification, insurance documents and parking passes, carry minimal amounts of cash/travellers' cheques. Taking medications, food, beverages, a change of clothes, and alarm/timer for medications. For ease of management during your dining experience, take along any adaptive utensils, most restaurants will not have these tools available.
- » Taking an extra dose of medication with you in case you are waylaid.
- » Always let someone know where you are going.
- » Always check that medication alarms are programmed into your phone before leaving for the day, taking into account any time changes to accommodate.
- » Double check accessibility of location prior to arrival (e.g., wheelchair accessible, mobility equipment loaners and cost).
- » Pre-purchase tickets for events beforehand in order to avoid line-ups.
- » When arriving at a destination, know where restrooms are for ease of access.
- » Embrace the changes, give yourself permission to try new things fearlessly! Be open to whatever comes. If you need to rest, rest! It's ok to put yourself first.
- » Communicate your needs to those around you clearly and without apologies.



Travelling is a wonderful way to experience different cultures. It's also a wonderful way to learn more about, "who you are." Parkinson Disease is a part of you, it does not make up the "whole" of you. Recognizing your limits is crucial in making any trip away from home successful. Trusting that in making the preparations you do before you leave your location, you are safe to enjoy the unfolding adventure you have undertaken.

Bon voyage, Arrivederci, Adios, So long!!!

# Winter Socials

**Join us for fun, friendship and food!**  
**Please call 1-800-561-1911 to register.**



**Rocky Mountain House**  
November 10 – 12PM-2PM  
*Potluck*



**High River/Nanton/Okotoks**  
November 24 – 11AM-1PM  
*Potluck*



**Calgary**  
December 2 – 11AM-1PM  
*Potluck*



**Lacombe**  
December 6 – 10AM-12PM  
*Potluck*



**Vermillion**  
December 6 – 10:30AM-12:30PM  
*TBD*



**Red Deer**  
December 7 – 10AM-12PM  
*Potluck*



**Canmore/Cochrane**  
December 8 – 11AM-1PM  
*Potluck*



**Airdrie**  
December 13 – 11AM-1PM  
*Potluck*



**Sherwood Park**  
December 13 – 1PM-3PM  
*Potluck*



**Leduc**  
December 13 – 6:30PM-8:30PM  
*Potluck*



**Grande Prairie**  
December 14 – 1PM-3PM  
*Potluck*



**Olds**  
December 14 – 1:30PM-3:30PM  
*Potluck*



**Camrose**  
December 14 – 3:30PM-5:30PM  
*Potluck*



**Lethbridge**  
December 15 – 2PM-4PM  
*Potluck*



**Edmonton**  
December 16 – 1PM-3PM  
*Potluck*



**St. Albert**  
December 20 – 10AM-12PM  
*Potluck*



**Bonnyville**  
December 20 – 10:30AM-12:30PM  
*Food from Restaurant/Vendor (\$)*



**Fort Saskatchewan**  
December 20 – 1PM-3PM  
*Potluck*



**Medicine Hat**  
December 21 – 12PM-2PM  
*Food from Restaurant/Vendor (\$)*



**Parkland**  
December 22 – 10AM-12PM  
*Potluck*



**Lloydminster**  
December 22 – 2PM-4PM  
*Potluck*



# Thank You Volunteers!

*Written By: Nicola Gaudet*



With much of the year behind us, it seemed like a good time to reach out to the incredible volunteers of Parkinson Association of Alberta to say, "Thank You!"

We are so grateful for our dedicated group of volunteers who have helped make our year a success! We were blessed with four casino events across the province (in Red Deer, Calgary, Medicine Hat, and Edmonton respectively) from January through September; with a fifth taking place later this month in Lethbridge. That's 118 volunteer shifts!

Our brand-new event, Cars for a Cause, took place in Calgary in early summer and required a special group of skilled volunteers who took on the unknown and helped deliver a fantastic event. Of course, we cannot forget the steady group who continue to support us throughout the year as Board Members, or in administration with pick-ups, drop-offs, and general maintenance; in Client Services with our educational, active and support programming; and in Marketing and Communications with story and picture sharing.

And finally, our 10th Annual Parkinson's Step 'n Stride took place over two days in September at nine locations across Alberta with the help of countless more volunteers. The Step 'n Stride theme this year was **Strength and Resilience**. That theme also resonates with every single volunteer in our Parkinson's Community. Throughout two years of the COVID-19 pandemic we were unable to work with our amazing volunteers. We are so very grateful that 2022 has been a much different year and we welcomed our volunteers back with open arms and happy hearts.

We could not have done any of these things without our wonderful volunteers. Parkinson Association of Alberta is so appreciative of the overwhelming support of our volunteers. Your enthusiasm inspires and motivates us. Your dedication helps us bring in much needed fundraising dollars. And your involvement saves precious time and resources needed to directly support the people we are so honoured to work with.

Thank you!

Parkinson Association of Alberta Staff

**HELP MAKE  
A DIFFERENCE**



**Volunteer  
with us  
Today!**

**1-800-561-1911**

# Travelling with DBS or Duodopa

*Written By: Brienne Leclaire*



Travelling with Deep Brain Stimulation (DBS) or Duodopa can feel complicated and burdensome. You may be thinking where do we start in planning for a trip as a DBS or Duodopa user? How do these impact Travel? What should I bring with me? This article will outline the biggest considerations for travelling. It is important you talk with your Neurologist/Doctor to make sure you are safe to travel and to discuss any specific travel activities that may be impacted by DBS or Duodopa.

## Travelling with Deep Brain Stimulation

The first thing to consider when travelling anywhere with DBS (or Parkinson's) is having enough medication for your trip. Make sure you have all your medications for the duration of your trip. Medications when travelling across borders or by plane should be stored in their original packaging/prescription packaging and any prescription medications should have your name on them. Unlabelled and unidentifiable medication may delay your trip or result in them being confiscated. Medications should be stored with you while travelling. For example, in your carry-on bag when flying. Avoid putting medication in your checked luggage in the event your luggage is delayed or lost.

When you received your DBS, they would have given you a card or note that explain you have DBS to show when travelling or in hospital. This identifies you as someone with DBS and can help in the event of a medical emergency or if you are headed through border/airport security.

When travelling it is preferable to avoid going through airport scanners. However, there is only a minimal risk of scanners turning off the device. When flying you should have your patient controller device with you to be able to verify whether the DBS is on or off.

## In relation to

- **Swimming:** Once healed from DBS is safe for the device. Talk with your Neurologist if you are clear to swim. It should be noted to use caution when swimming as Parkinson symptoms can still impact your swimming abilities and you should never swim alone.
- **Hot tubs:** If okayed by your Neurologist can be okay if there is limited exposure (10-15 minutes) to heat equal or less than 37 degrees Celsius (100 degrees Fahrenheit) should not cause any trouble, but hot tubs and tanning beds often result in heat exposure above the acceptable range, and therefore are best avoided.
- **Scuba diving/skydiving:** Ask your DBS team prior to scuba diving or any form of diving if you are safe to do so. The device should function normally down to 33 feet of seawater. Skydiving should be avoiding because of the dramatic forces put on the head and neck which can damage the leads and connections of the DBS system.



## Travelling with duodopa

When you set out travelling with Duodopa whether it be a weekend road trip or flying overseas there are some things you should consider and some things you should have with you to make your trip go as well as possible. When travelling with Duodopa you should notify AbbVie Care. There is a short travel checklist that they go through with you. They will also help contact your Duodopa team and notify them of anything needed before travel (extra medication, a second pump.) This checklist is also available online on AbbVie's website.

First you should have the doctors note or card that states you have Duodopa. You may also want to keep

with this note your Neurologists and Duodopa nurses contact information, a copy of the instructions on how to work the device and a copy of any other health information that may be important like health care card or insurance information.

With Duodopa you want to make sure your medication is stored with you in a safe location. If flying, this should be stored in your carry-on along with any supplies needed for the pump in the event your checked luggage is delayed or lost. For longer trips requiring a large number of cassettes, contact AbbVie for guidance on how to transport them as checked baggage. You should make sure you have enough medication for the duration of your trip and a few extra as well as extra pills with you. Medication needs to be stored at a cool temperature. Insulated cooler bags can help keep medication cool during travel. It is important to check that your destination has somewhere you can safely store your medication upon arrival.



Making sure you pack cleaning supplies and extra batteries helps make sure you can easily and efficiently care for the pump. For longer or further distance trips you can contact your Duodopa nurse or AbbVie to be loaned a backup pump. This can help in the event there is an issue or damage to your pump while travelling.

### In relation to:

- **Airport Security:** The tube, connectors and pump contain metal parts that may cause indication on a metal detector. Ensure to have your treatment certificate handy when you travel to explain your medication to airport security. Expect security personnel to ask questions about Duodopa.
- **Flying:** If you are flying in a plane with a pressurized cabin, the change in altitude will not affect your pump's functioning. The pump also will not cause an interference with the aircraft's electronic equipment. Delivery accuracy may be affected in small airplanes without pressurized cabins, depending on the altitude.
- **Swimming:** Speak with your neurologist to see if you are cleared to swim. To swim, the site needs to be properly healed. If you are clear to swim you should take an extra dose before disconnecting the pump, make sure someone is with you while swimming and to not swim for too long (20-30 minutes) before reconnecting the device.

### Citations:

*Frequently Asked Questions About DBS | Pacific Movement Disorders* ([pacificneuroscienceinstitute.org](http://pacificneuroscienceinstitute.org))

*Travelling with DUODOPA* ([abbviecare.ca](http://abbviecare.ca))



# At a Glance: Support Groups

PROVINCIAL (ZOOM/CALL-IN ONLY)	
1 <sup>st</sup> Tuesday – DBS/Duodopa	1:00PM
2 <sup>nd</sup> Monday – Care Partners AM	9:30AM
2 <sup>nd</sup> Wednesday – Young Onset (Under 60)	7:00PM
2 <sup>nd</sup> Thursday – Southern AB	2:00PM
3 <sup>rd</sup> Thursday – General Parkinson's	10:00AM
3 <sup>rd</sup> Thursday – Widows (Closed Group)	10:00AM
3 <sup>rd</sup> Thursday – Care Partners PM	1:30PM
3 <sup>rd</sup> Saturday – Parkinson's Plus	12:00PM
4 <sup>th</sup> Wednesday – Young Onset Care Partners (New Group)	7:00PM
CALGARY REGION	
AIRDRIE	
3 <sup>rd</sup> Tuesday	10:00AM
CALGARY	
1 <sup>st</sup> Tuesday – Northwest	10:00AM
1 <sup>st</sup> Tuesday – Care Partners (New Group)	10:00AM
1 <sup>st</sup> Thursday – Northeast	10:00AM
3 <sup>rd</sup> Tuesday – Care Partners (online only)	1:30PM
3 <sup>rd</sup> Thursday – Southwest	10:00AM
4 <sup>th</sup> Tuesday – Southeast	10:00AM
4 <sup>th</sup> Tuesday – Central (New time)	2:00PM
CANMORE	
2 <sup>nd</sup> Thursday	1:30PM
COCHRANE	
2 <sup>nd</sup> Thursday	10:00AM
HIGH RIVER/NANTON/OKOTOKS	
4 <sup>th</sup> Thursday	10:00AM
STRATHMORE	
1 <sup>st</sup> Thursday	1:30PM
EDMONTON REGION	
CAMROSE	
2 <sup>nd</sup> Wednesday	3:30PM
EDMONTON	
1 <sup>st</sup> Wednesday – South	1:00PM
1 <sup>st</sup> Thursday – Care Partners	10:00AM
3 <sup>rd</sup> Wednesday – Central	7:00PM

EDMONTON REGION...continued	
FORT SASKATCHEWAN	
4 <sup>th</sup> Tuesday	1:00PM
LEDUC	
4 <sup>th</sup> Tuesday	6:30PM
PARKLAND (Spruce Grove/Stony Plain)	
4 <sup>th</sup> Thursday	10:00AM
SHERWOOD PARK	
2 <sup>nd</sup> Tuesday	1:00PM
ST ALBERT	
3 <sup>rd</sup> Tuesday	10:00AM
GRANDE PRAIRIE REGION	
GRANDE PRAIRIE	
2 <sup>nd</sup> Wednesday	1:00PM
LETHBRIDGE & MEDICINE HAT REGION	
LETHBRIDGE	
3 <sup>rd</sup> Thursday	2:00PM
MEDICINE HAT	
3 <sup>rd</sup> Wednesday (New day & time)	12:00PM
LLOYDMINSTER REGION	
BONNYVILLE	
3 <sup>rd</sup> Tuesday	10:30AM
LLOYDMINSTER	
4 <sup>th</sup> Thursday	2:00PM
VERMILION	
1 <sup>st</sup> Tuesday (New location)	10:30AM
RED DEER REGION	
LACOMBE	
4 <sup>th</sup> Wednesday	10:00AM
OLDS	
2 <sup>nd</sup> Wednesday	1:30PM
RED DEER	
3 <sup>rd</sup> Wednesday	10:00AM
ROCKY MOUNTAIN HOUSE	
2 <sup>nd</sup> Thursday (Jan, Mar, May, Sep & Nov)	2:00PM

**REMINDER:** Advance registration is **required** every month, and for every support group you wish to attend. This is vital to ensuring your safety is upheld and so we can contact you in the event of a cancellation due to extreme weather, location change, or a switch to an online Zoom meeting. **Support groups will not run if no registrations have been received.** We will only be contacting those who have registered in the event of a change or cancellation. **Please note that Support Groups do not run on statutory holidays and will be replaced by Winter Socials in December.** To register, please call toll-free 1-800-561-1911 or, talk to your Client Services Coordinator.



# PARKINSON Step 'n Stride 10 Years

STRENGTH AND RESILIENCE

Our 10th Annual Step 'n Stride brought together over 1,200 people across Alberta, and the friendship, happiness, support and community spirit were on display everywhere!

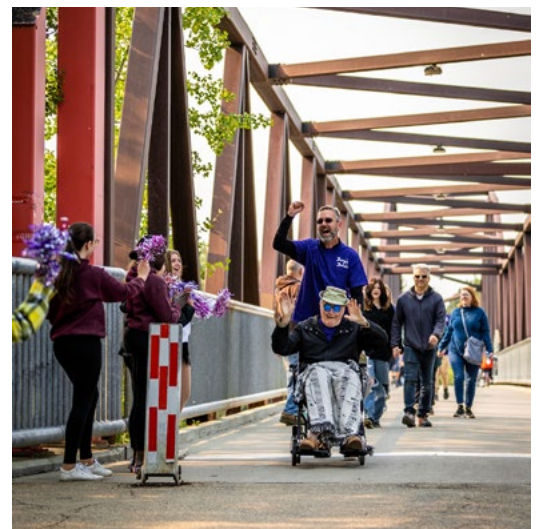
Step 'n Stride is your day, and our chance to celebrate with you all of our victories and successes, and we sincerely hope you all enjoyed your day with us as much as we enjoyed spending it with you!

We had tasty food and beverages, we had line dancers in Calgary, foam cannons in Medicine Hat, face painting in Red Deer, and musicians in Edmonton, but most of all, we were together, and walked together, to support everyone living with or loving someone with PD or PD+.

We are once again extremely humbled by the generosity of our participants, volunteers and sponsors, and cannot thank everyone enough.

We look forward to seeing you again next year!

## Thank You







Sponsors and volunteers are critical to our success.

Thank you for your unique roles in the 10th Annual Step 'N Stride Walk for Parkinson's. It is because of your ongoing support that we are able to continue to impact the lives of people living with PD & PD+.

Across Alberta, nearly \$300,000 was raised to further support our Parkinson's community.

Thank You



Medicine Hat



Red Deer



Edmonton



Cochrane