

cont. from pg. 1

(by volume); 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. One-quart bag per person limits the total liquid volume each traveler can bring.

- Declare larger liquids. Medications are allowed in reasonable quantities exceeding three ounces and are not required to be in the zip-top bag. Declare these items for inspection at the checkpoint. Officers may need to open these items to conduct additional screening.
- The airport can be a very disorienting place especially for those with dementia. Walk through the steps of the process in

advance so they will know about checking luggage, security check points, and boarding procedures. Continually remind them where they are in the process and walk them through necessary action steps.

- Remember especially when on a long flight to move the legs around to prevent blood clots.

At Your Destination:

- After arriving at your destination, make sure your loved one has a chance to rest and recover before planning activities.
- Set up designated areas for important items like medications so they are oriented in the new

space.

- Define a space that is all their own where they know they can go for rest and quiet when necessary.
- If necessary, walk your loved one around the new surroundings so they'll know exactly where to find necessities like the bathroom and kitchen.
- Make sure simple adjustments are made to the new destination to maximize safety such as removing small slippery rugs, illuminating hall and stairways and making sure walking paths are clear of clutter.

Sound Options

To receive the free monthly S.A.L.T. Times Newsletter, call 360.397.2211 ext. 3380 or send an e-mail to: sheriffcommunityoutreach@clark.wa.gov For other formats: Clark County ADA Office, Voice 360.397.2322 Relay 711 or 800.833.6388 E-mail ADA@clark.wa.gov



Seniors And Law Enforcement Together

S.A.L.T. TIMES

July 2019

Make It a Scam-Free Vacation

It's Summer! Right now, you probably have beaches on the brain or you're thinking about that long-planned trip abroad. Before you head out, take steps to help keep your dream vacation from becoming a nightmare:

Do some research — and then carefully read the details on travel offers.

- First, get recommendations from family and friends on good travel agencies, vacation rentals, hotels and travel packages — before responding to offers.
- Look up travel companies, hotels, rentals and agents with the words “scam,” “review,” or “complaint.”



- Look for extra costs. Resort fees (also known as destination, facility and amenity fees) can add \$50 or more to your nightly cost.
- Ask about taxes, which may be significant in many locations.
- Get a copy of the cancellation and refund policies before you pay.

- If you're buying travel insurance, be sure the agency is licensed.
- Bring copies of any confirmation details that show the rate and amenities you were promised. This also helps if the hotel or host

says your reservation is “lost.”

Don't pay for “prize” vacations. No legitimate company will ask you to pay for

a prize. Also, look for catches to resort or timeshare offers. They may come with taxes and fees to pay, timeshare presentations to attend, and high-pressure sales pitches to endure.

Don't sign anything until you know the terms of the deal. Say “no thanks” to anyone who tries to rush you, without giving you time to consider the offer.

Use a credit card, if possible, for your travel spending. This gives you more protection than paying by cash or debit card — and it may be easier to dispute unauthorized charges.

Protect your identity and account information while you're traveling.

- Take only the IDs, credit cards and debit cards you need. Make copies so, if someone steals your bag, you'll know exactly what was lost.
- Make a copy of your insurance card to take with you.
- Leave all other important documents safe at home.
- Learn how to protect your mobile devices and personal information from hackers and malware.

And while we hope it doesn't happen to you, report identity theft and any other fraud you experience. <https://www.identitytheft.gov/>

Sheriff Chuck Atkins
Seniors And Law Enforcement Together
Clark County Sheriff's Office
P.O. Box 410
Vancouver, WA 98666



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Tips for Traveling with Seniors

Regardless of age, travel can wear anybody out. Traveling with a senior can be particularly stressful for families, but it doesn't have to be. Read through this list of simple packing, travel, and arrival tips to make your journey as safe, comfortable and smooth as possible. It is all about being organized, anticipating needs and allowing plenty of extra time.

Packing List for Seniors:

- Prepare a Mediset to keep close
- A list of all medications and dosages
- Address Book w/ names of doctors, family members, care manager, pharmacy, and other emergency contacts

- List of allergies
- Light snacks, especially if your loved one is diabetic
- Comfortable walking shoes (for the family caregiver), a must even if you plan to transport in a wheel chair
- Audio book, music, book of puzzles, or favorite entertainment
- Night light to illuminate important areas at destination
- Any mobility equipment, such as a cane or walker
- Layers of clothing as temperatures may fluctuate during travel

Remember Along the Way:

- Allow for plenty of extra time
- Take frequent breaks to sit and use the restroom as long

lines, extra walking and unusual schedules can be demanding on the body

- When planning your travel schedule try to tailor it to your loved one's regular schedule and when they are most fresh and alert

If You Are Flying:

- Book direct flights if possible and choose an aisle seat for easy access to the restrooms
- Confirm that flights are on-time, check in, and pre-pay for luggage online before traveling to the airport.
- Call ahead to the airport, shuttles, or hotels if a wheelchair is needed
- When preparing your luggage, remember 3-1-1 for carry-ons = 3.4 ounce (100ml) bottle or less

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Free

Medicaid-Medicare and Financial Planning

Tuesday, August 6, 2019
10 a.m.- 4:30 p.m.

Keller Williams Real Estate
2211 E. Mill Plain Blvd. Vancouver 98661

Lunch Provided

To register please email: Lrasmussengal@gmail.com
or call 360-281-2880



Seniors And Law Enforcement Together

Summer PICNIC

FOOD & FUN!

Monday
July 22

11 a.m.-
12:30 p.m.



Sweet Tooth Ice Cream Truck



Rojo the Therapy Llama

at Lacamas Lake Lodge
227 NW Lake Rd. Camas, WA 98607

DOORS OPEN AT 10:30 A.M.

S.A.L.T. events are free and open to all seniors