

How to plan for traveling



If your child has complex needs

Dates of Travel: _____

Where you are going: _____

Flying: Driving:

Person has: Trach Vent Oxygen

If using oxygen: Medical Team has said they are "safe to travel"

Oxygen %/LPM _____

Caregiver:

Give your Medical Team and DME provider at least 1 month to help you with your travel needs. The more time they have to help you, the better.

Make an emergency contact list, have phone numbers and addresses for the following:

- DME companies, your current company and the one at your destination.
- Local (children's) hospitals where you are going, and along your route.
- Doctors.
- Children's Wisconsin Pulmonary Line/ Complex Care Program.

Remember to have these numbers written down on paper. During travel you may not have WIFI or a phone or tablet may run out of battery and you will need to call.

Know the battery life of your equipment, and charging options.

Order extra disposable supplies and medicines in the months before your trip. This will include anything that is "as needed". This will help so you do not run low while packing. You will also be fully stocked when you get back.

Talk with your DME company

Be sure to tell your DME the details of your trip. This includes dates and where you are going.

DME can:

- Make sure you have the right amount of disposable supplies.
- Help with oxygen needs:
 - Offer a portable oxygen concentrator (POC). This is needed for flying. If not, could help with a rental agreement with another DME company. You might have to pay for your rental time.
 - Explain the position your Oxygen should be in while driving.
 - Explain how to secure your tank.
- Review which equipment will need to travel with the patient, and which could be shipped. This might mean a GO bag or an extra feeding tube. It will depend on your child's needs.

- Find a DME provider where you will be staying, in case of problems with equipment or supplies.
- Discuss battery life and charging options.
- **Discuss the options for shipping supplies** (respiratory, feeding, incontinence, and/or hygiene) about 7 to 10 days before the trip. This can:
 - save room in the car.
 - reduce items carried through the airport.
 - give you time to call to make sure the items were received (in good condition).
 - find out where you can pick them up when you arrive.

If anything was damaged during shipping, you still have the chance to pack those items.

- May be able to help with packing in the home. Ask them.

Talk with your Medical team about:

- Updated DME orders for medical supplies (both trach/vent and feeding) in case you need to replace supplies or equipment.
- Updated orders for your Trach/Vent/Oxygen/Feeds in case you have an ER or hospital admission.
- Updated prescriptions with refills available, even PRN (as needed) medicines.
- How to travel with medicines and tube feedings that need to be refrigerated.
- Humidity plan (Heat and moisture exchanger (HME), saline drops, saline nebulizer treatments).
- If you are going to a Theme Park, or other park, be sure that oxygen (tanks or portable oxygen concentrator) is allowed.
- **If driving:** Your travel route, where you will stop and local (children's) hospitals along the way.
- **If flying:** Print any **forms needed** from the airline's website. Some forms will be:
 - Medical clearance form.
 - Letter including medical equipment, supplies, and medicines that are medically necessary to fly onboard with the patient.
 - Oxygen needs.

Check with Airport to learn about any accessible options. For example, see if an accessible bathroom requires an appointment.

- Make sure your seat has enough space to store all of your equipment safely.

How Children's Wisconsin Team can help:

- Make sure that the patient's DME provider knows of the travel plans, and can assist with the above topics.
- Help to find the closest (children's) hospital to the place you are going, and on your route. If driving, discuss the route to help with places and times to stop. These are to offer humidity, charge batteries, spend the night, and safely transport oxygen.
- Update DME orders so they can be given to another DME provider where you are going. You may need this if your child needs more supplies or equipment.
- Place a "Home Supply Needed" order for a Portable Oxygen Concentrator (POC) if your child is on oxygen.
- Help with airline forms as needed.
 - Write a letter for the airline listing what equipment and supplies are medically necessary to be with the patient.
 - Medical clearance form.
- Review battery life, and charging options for home equipment.
- Review options for portable humidity.
- Review your medicine and feeding plan.
- Create an Emergency Plan for your child.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.