

Leisure & Travel



What Leisure Activities do you do?

- Hobbies

- Sewing, knitting, woodworking
- Gardening, cooking
- Shopping, reading, playing games

- Activities

- Dancing, swimming, bowling, golf
- Hiking, walking, cycling
- Volunteering

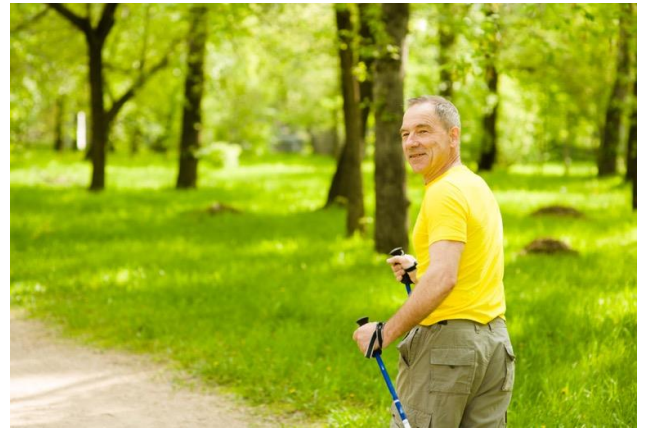
- Relaxing

- Listening to music
- Going for a massage



Goals & Benefits

- Goals
 - To stay physically, intellectually, & socially active
- Benefits
 - Provides stimulation
 - Provides opportunity for social interaction
 - Improves your level of satisfaction with life



Concerns & Suggestions

- Factors that aggravate your lung disease
 - Choose an appropriate environment
 - Use aids or a mask to reduce exposure
- Physical limitations
 - Choose realistic activities
 - Go slowly and take rests when needed
- Lack of interest
 - Choose activities that you enjoy
 - Meet new people who enjoy life and can show you different ways of doing things

Where would you like to travel to?

- The area
 - Visit a different neighborhood, park or tourist attraction
- The province
 - Take a drive or bus trip through the country
 - Have a picnic in a park or campground
- The country
 - Visit a friend, or relative
 - Take a train ride
- Other countries
 - Escape winter weather & enjoy the sun
 - Enjoy different cultures, people and food



Goals & Benefits

- Goals
 - To visit people or new places
 - To visit places you have always wanted to see
- Benefits
 - Increases intellectual, emotional and spiritual stimulation
 - Improves self-esteem
 - Helps provide a sense of belonging to a wider community

Concerns & Suggestions

- Mode of transportation
 - Plan ahead, get information to avoid potential problems
- Distance
 - Make planned stops along the way, move around
 - Ensure you have extra supplies readily available
 - Oxygen, medications, snacks
- Other problems
 - Have a plan on how to cope with increased symptoms
 - Have contact information for clinics, physicians, hospitals...
 - Get travel insurance

Tips

Speak with your physicians about your trip

- Plan early – at least 4 weeks in advance or more
- Are there any reasons you should not go at this time?
- Have a list of your allergies and current medications
- Have an Action Plan in case of a flare up
 - Antibiotics and Prednisone
- Be sure your vaccinations are up to date
 - This includes vaccines that you may need at your destination

Tips for travelling by air

- Travel only when you are medically stable
- Pre-arrange oxygen with your specific airline
- Arrange for oxygen at layovers and your destination
- Arrive for your flight early
- Bring your nasal prongs
- Ask about fees
- Fly direct when possible
- Ask for an aisle seat
- Bring your labeled medications & oxygen tubing on board



Summary

- Leisure and travel can help you stay physically, intellectually, socially, and spiritually stimulated!
- Plan ahead and avoid aggravating factors
- Ask for help to solve any concerns you may still have

