

Media Release

IMMEDIATE RELEASE
March 2019



Travel project welcomed by travellers

Experienced travellers shared their tips on safe and healthy travel as part of an innovative Exchange project.

The Exchange's Smart and Safe Travel Abroad project, sponsored by the Department of Foreign Affairs and Trade, saw seasoned travellers share advice via a forum and series of videos.

ACH Group enlisted members of its Exchange network, a group open to anyone aged 50+, to share their tips and lessons learned from trips abroad.

Annette and Gerry McGrath were happy to be part of the project and spoke about their experiences travelling with wheelchair travel.

With a fold-up scooter, a good travel agent and plenty of determination, they have visited the Red Sea, Leaning Tower of Pisa and more.

They advise plenty of preparation, talking to the airline well in advance to find out what is possible, and taking signed letters of approval for medications, wheelchair batteries and any other special equipment.

Exchange coordinator Fiona Telford-Sharp said many of us finally have the time and means to travel at 50+, but health concerns and uncertainty about security prevent us from taking the leap. "Hearing from others who are in a similar position, who have overcome hurdles and had fantastic experiences, can help us break out of our comfort zones, expand our horizons and be a source of inspiration and encouragement."

Ms Telford-Sharp said there was strong interest in the videos, which had been viewed thousands of times within hours of being posted online in February. "We're really encouraged by the success of this project. We're here to help people prepare for travel by helping them reach their health and fitness goals before embarking on an adventure."

Health travel tips include:

- Talk with the airline and ask what they can do for you both at the airport and onboard;
- Find out if you can hire equipment or care staff at your destination;
- A cruise can be a great option. Hire your own taxi for shore excursions
- Take authenticated documentation of any medications or medical devices, including wheelchair batteries.
- Know what your travel insurance covers, and be honest about your pre-existing health conditions.
- Carry essential items, including medications, in hand luggage.
- Check out any travel advisories for your destinations and get the right travel vaccinations before you leave.
- Register your journey with smarttraveller.gov.au before you leave Australia.

End Media Release

About ACH Group

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952.

As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities.

Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

For further information or comment, please contact Jani Baker on 0417 856 361 or at jbaker@ach.org.au