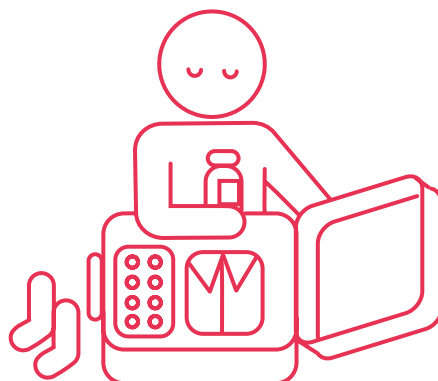


# travel



- 1 Some people with psoriatic arthritis find **planning ahead is key** to travelling with ease.
- 2 **You may need to take medications with you.** Check you will have enough medication to take with you for the whole trip and order a prescription if needed. If you are going on a flight with injections, you may need a letter from your doctor to be allowed to take these on the plane.
- 3 **Leave yourself plenty of time** to get to where you need to be. If you have mobility difficulties, seek out any assistance available to help you on your journey.
- 4 Travel can involve sitting still for long periods. Try to do some **regular movement and stretches**, even whilst sitting down, to help with joint stiffness.



## my travel plan

Write down the three top reasons why making a change is important to you.

Write down a plan. This should be a small manageable step, not a big leap.

Ask yourself: Who might be able to help you make this change? When will you do it?

How will you do it? Where will you do it? Will you do it on your own or with someone else?

Plan ahead for bumps in the road.

What might get in your way? How could you adapt your plan if this happens?

“For me, when I go out for the day, I think about it as a “3-day day” and this is how I explain it to my friends too – one day to prepare, one day to enjoy myself, and one day to recover.”

