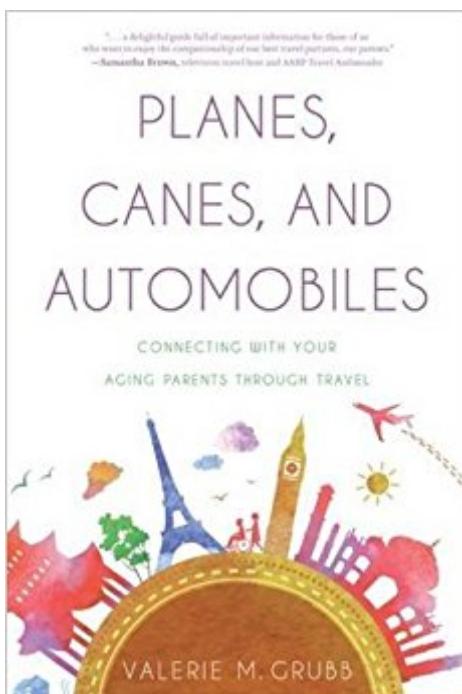


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# Planes, Canes, And Automobiles: Connecting With Your Aging Parents Through Travel



## Synopsis

If the thought of vacationing with your parents makes you cringe, fear no more! Help is here! *Planes, Canes, and Automobiles: Connecting with Your Aging Parents through Travel* is a gold mine of practical advice, funny anecdotes, and tales of triumphs and travails from Val Grubb, who has traveled more than 300,000 miles (and counting!) with her 84-year-old mother in the past twenty years. When planning a recent trip overseas, however, Grubb realized that her mom's physical and mental capabilities had suddenly changed. Her mom now needed a wheelchair, for example, and was afraid to travel alone (even on short flights to meet her daughter for a long trip together). Grubb set out to find suggestions for handling these changes and after much research was struck by the lack of comprehensive information that shed light on the nuances of globetrotting with aging parents. *Planes, Canes, and Automobiles* is the go-to guide for adult children: it combines her wisdom from years of traveling with her own aging mother with sensible tips, checklists, and sample itineraries to help readers plan and enjoy a vacation with their parents!

## Book Information

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## Customer Reviews

Grubb has written a guide specifically for adult children who are planning on, or have always wanted to, travel with their aging parents. This is a book full of warmth and love...[and a] wealth of information, tips, and practical suggestions based on personal experience on how to plan, survive, and enjoy taking trips with one's parents as they age. The valuable appendixes, with sample packing lists, itineraries, and resources, are reason enough to explore this book, and Grubbs's honest discussions of the ups and downs of traveling with her mom gives the narrative a human

touch. VERDICT: A solid choice for anyone looking for ways to involve their parents in their journeys. ---LibraryJournal" ...a delightful guide full of important information for those of us who want to enjoy the companionship of our best travel partners, our parents." --Samantha Brown, Television Travel Host & AARP Travel Ambassador "Planes, Canes, and Automobiles is frank, funny, and truly one of a kind." --Paula Froelich, Editor in Chief, Yahoo! Travel "I know first-hand the joy that can be found in traveling with your parent. I traveled with my own mother all the way through her 80's and we created priceless memories that I will hold with me forever. Planes, Canes and Automobiles would have been a great resource for me during my travels.... Valerie Grubb shares what she has learned about how to make your travels with your loved one as smooth as possible." -- Joan Lunden, award-winning journalist, best-selling author, caregivers advocate and spokeswoman for A Place for Mom "...Valerie's love and respect for her mother and Dorothy's for her shine through every page of this delightful, eminently useful book. A must-read for anyone planning a multigenerational vacation or a trip with older parents." --Nancy Parode, Senior and Baby Boomer Travel Expert and writer for About.com "My trip to Normandy, France last year with my 85-year-old father and 91-year-old uncle was a deeply emotional journey, made immensely more satisfying because we followed Grubb's insightful advice from day one." --Deb Wood, Collections Manager, Stranahan House Museum and Avid Traveler "As a wheelchair user for over seven years, my family and I have personally used many of Valerie's recommendations in our travels. More importantly, I have shared her insight with new wheelchair users as educational material for Able Challenger. When it comes to travel for those with mobility restrictions, Planes, Canes, and Automobiles is the best resource available." --John Berkey, management consultant and co-founder of Able Challenger

Valerie Grubb's father was a pilot, so she was born with travel in her blood. She began traveling solo at the tender age of four (when she wandered out of eyesight of her house one day), and since then she has continued to make exploring the world a priority while pursuing careers in both operations management and executive coaching. Val and her mom, Dorothy, took their first overseas vacation together when Dorothy was sixty-four, and in the more than twenty years since then, they have logged over 300,000 miles (and counting!). In response to the lack of available resources on the subject of seniors traveling with their adult children, Val began publishing Travel with Aging Parents ([travelwithagingparents.com](http://travelwithagingparents.com)) in 2013, a blog that chronicles the triumphs (and challenges) of intergenerational travel with Val's signature "you-can-do-this" flair.

I was truly impressed with the valuable traveling information of this well-written book. Not only is the content easy to read, it's very well organized and set up so the reader can refer back to specific sections via the outstanding index. I found the information important about any traveling issues, let alone traveling with one's parents. I'm an organized person - having done professional organizing for a living - and I learned even more traveling tips and tricks from the pages of this book! It's a great tool to use over and over again when traveling anywhere.

I think this is a must read for all travelers old or young. Val Grubb's enthusiasm and obvious love of travel is contagious and makes me want to get out on the road or in a plane again soon! I am somewhere in between the ages she defines so well. I'm 64 years old and still do a lot of travel on my own. The tips and suggestions for planning and pacing the travel with my needs in mind as I get older give me much comfort knowing that I can continue my love of travel hopefully for many years. I'll make sure I keep a copy close so I can share this with my children when I need them to come along and help facilitate all that goes along with a great trip. Her perspective in traveling with varied ages and relationships is very insightful, with great specific tips and ideas to keep it "real".

Good book for traveling partners & adult children/caregivers. Enjoyable read! Does have good ideas, insights & reminders for traveling, near & far, with my parents, who are active 90 year olds!

Good ideas but didn't learn a whole lot I hadn't learned by frequent trips. Had some surprises at the smount and places of travel for seniors since I am to the point of looking at my last foreign travel.

I have been following Val and her mom on their travel adventures over the past year and I am so glad her book is finally available. I got it last week and I've really enjoyed learning more about how I can travel with my parents as we tackle various aging obstacles (they don't really have to be obstacles). Val's humor and years of traveling certainly provide for a fun yet informative guide to traveling with your parents. I also plan to pass this down to my sons!

This is an excellent read - a great resource for anyone who is even considering traveling with older parents or friends. Highly recommended - you will be amazed at the level of detail and the heart-felt sharing of Val and Dorothy's experiences. This is a must read! Thanks Val!

I thoroughly enjoyed Planes, Cranes and Automobiles - what a great read! Valerie was able to

combine so much useful information with great humor. This book is full of helpful hints that are great - and oh so relatable - for all of us with aging parents. Highly recommend!

I don't travel much due to disabilities, but it had numerous suggestion to think about.

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