

MAC's Smart Aging

Tips and Tricks from the *Caregiver Resource Center*

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Summer Vacation Time!



Planning your summer vacation should be fun and exciting. If you have a loved one who requires special devices for daily living, traveling can be frustrating and overwhelming. That's where assistive technology comes into play! You may not realize that many devices are portable and can go with you on your trip!



At home, you may have your *EZ Stand-n-Go* placed at your favorite seat, but all you would have to do is slide it out, disassemble it and pack it in your suitcase. It's just that simple and only takes a few minutes. When you arrive at the beach house, you find that comfy chair that looks out on the water and reset your device. And one of the most beneficial features of this device is that it's fully adjustable.

When you're on vacation at the beach, some fun things to do are going shopping and walking the boardwalk. But if you require a rollator or walker, walking while holding items can be challenging. At home you used your walker tray and/or bag, well bring it along! Your *rollator bag and tray* are portable. So, while you are walking up and down the boardwalk and you stop for a drink or buy a cute swimsuit you can pack it up in your bag and keep moving. Hassle free!

Give us a call and we will be glad to answer questions about the resources we have. Please call at 410-742-0505, ext 148– Sandra Gay / sgay@macinc.org or ext 146 - Katie Clatterbuck / kclatterbuck@macinc.org

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