

The number of elderly people travelling is increasing constantly. Approximately 15% of all travellers are over 65 years of age. Most advice and vaccine recommendations are the same as for younger travellers however some other points need to be considered.

Pre – Existing Medical Conditions

- Some illnesses can put elderly travellers at increased risk during travel such as cardiovascular disease, respiratory disease and diabetes
- Some medications can interact with antimalarial medication or there may be an increased risk of side effects from vaccinations
- Older travellers are at increased risk of falls and other injuries

Travel Illnesses such as Hepatitis A, Typhoid and Malaria can be more severe in the elderly and the risk of severe infection and mortality rates increase with age. Travellers over 50 have an increased risk of severe disease and death if they acquire Japanese Encephalitis, Yellow Fever, Pneumococcal infection or influenza so immunisations should be seriously considered if at risk.

Deep Vein Thrombosis

Coronary heart disease, obesity, recent surgery and history of DVT are risk factors for developing a clot in the legs, especially on long flights. Discuss this with your doctor who may recommend special stockings or medication.

For further information on DVT see the designated page on our website

Pre - Travel Planning

In addition to consultation with a travel clinic, the elderly traveller should also consider the following:

- If required, consult with your travel agent and make arrangements for special needs such as wheelchairs or specific seating in advance
- Consult with your doctor or specialist especially if you have heart disease, high blood pressure, diabetes or other chronic conditions
- Take enough regular medication for your travel ensuring it is in the original packaging and a list and letter from your doctor outlining your medical history. A copy of your current prescription is also recommended
- Carry medication in hand luggage
- Ensure travel insurance covers trip cancellation due to illness and medical treatment overseas, including the cost of medical evacuation

For more detailed information see our Travel Vaccination Health Care Book

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