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Planes, Canes, and Automobiles:
Connecting with Your Aging Parents through Travel
By Valerie M. Grubb

As the Baby Boomer generation continues to age, more American adults now bring their elderly parents on vacation with them than ever before. However, planning the logistics, activities, and itinerary for a vacation suitable for family members of different ages, interests, and physical abilities can be a hassle and a near-impossible task.

Due to the lack of resources available on traveling with aging parents, author and travel connoisseur Valerie M. Grubb has written the informative new book, ***Planes, Canes, and Automobiles: Connecting with Your Aging Parents through Travel*** (Greenleaf Book Group, October 2015). Chronicling the ups and downs of intergenerational travel, Grubb provides a wealth of information and engaging stories to help everyone plan a stress-free family vacation and handle any problems that may arise. Grubb offers advice on the emotional aspects of travel, “how-to” tips on physically getting around, and suggestions for where to go and what to do when you get there!

Informative and insightful, ***Planes, Canes, and Automobiles*** also examines:

- **Developing Strong Bonds:** How traveling can create stronger bonds between you and your parents in ways that no number of phone calls and emails can ever equal
- **Choosing a Location That Suits Everyone’s Interests:** How to pick a vacation spot that all ages and interests can enjoy
- **Dealing with Medical Concerns:** The best ways to manage medical issues and crises while on vacation
- **Changing Capabilities:** Tips for traveling with your parents after their physical and mental capabilities begin to falter
- **Forgetting the Past and Moving Forward:** Techniques for “letting go” of the emotional baggage from your childhood and enjoying your time away together

- **Asking and Listening:** Why you should never treat your parents as children even when you're the decision maker
- **Prioritizing Alone Time:** How to build downtime into your schedule regardless how busy you are

“Planes, Canes, and Automobiles grew out of the success of my blog, *Travel with Aging Parents*, which I launched in 2013,” says Grubb. “My impetus for the blog came in late 2012 when planning a trip to Australia. I realized my mom’s capabilities had changed: she now needed a wheelchair and was afraid to travel alone even on short flights. I went to find suggestions for handling these changes, and after much research I was struck by the lack of resources to help people plan vacations with an aging friend or family member. I couldn’t find *any* comprehensive information that shed light on the nuances of globetrotting with aging parents, and realized that many of my friends were struggling with the same thing.”

With a father as a pilot, Valerie Grubb began traveling at the age of four. She and her mom took their first overseas vacation together more than 20 years ago, and have logged over 300,000 miles (and counting) since. Throughout the last 20 years, they have visited destinations such as Thailand, France, Australia, China, and Cambodia.

In addition to writing her blog, *Travel with Aging Parents*, Grubb is the principal of Val Grubb & Associates, Ltd., where she works with mid-range and large companies in the U.S., Asia, Europe, South America, and Central Eastern Europe as an operations and leadership consultant. Prior to launching Val Grubb & Associates, Ltd., she served as the vice president of strategic operations and initiatives for NBC Universal. She holds a bachelor’s degree in mechanical engineering from Kettering University, and obtained an M.B.A. from the Indiana University Kelley School of Business.

A true renaissance woman, Grubb is passionate about traveling the world and spending time with her family. Originally from Indiana, Grubb currently lives in Manhattan’s Upper East Side. *Planes, Canes, and Automobiles* is her first book.

Website: TravelwithAgingParents.com

***Planes, Canes, and Automobiles* will be available for purchase on Amazon.com and through other booksellers on October 6, 2015.**

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