Keep a regular schedule as much as possible.

Activities- inside and outside (include Pit stops and exercise). Gives patient a lot of positive distractions so they sleep well at night.

PRN med as back up

Have an activity bag (i.e., photos/magazines, iPod with headphones, word games, puzzles, clay, watercolor, download preferred movies or TV shows on iPad)

If in the car, maybe the family could take turns singing (karaoke style) and record it with an iPhone for fun and laughs?

Also, preferred snacks!

Maybe the family can come up with a story about going on vacation together vs moving? I think the family might want to think about how to help each other stay calm and positive in order to help the patient stay calm.

Back-up

Communication, cell phones,

Know where the ER’s are along the way?