



My widowed mother recently retired after a lifetime of world travel. She was recently diagnosed with early stages of Alzheimer's, but is otherwise physically OK. We're planning a Caribbean cruise, and she has asked to go along. Ideas? *BRL, Boston MA*

A: First, check with mom's doctor and ask that question. If OK, be sure she will be with another person, day and night, throughout the trip, and takes required meds correctly. When boarding flights and the cruise ship, let employees know about her condition, and ask for help when needed. For advice before you go, consult the Alzheimer's Association 24-hour helpline at 800-272-3900.