



A frequent traveler, lately I'm beginning to have problems with sight, balance and other skills I once took for granted. How do I get started on assistance for future flights? Mrs. MJL, Memphis TN

A: Enlist a younger friend or family member to fly with you. And/or take along a trained helper dog. There are basically three types: service, emotional support and therapy. Before making a decision, check with your family physician to determine which type of trained and certified dog, as required by airlines, will be best for you. For more info, go to [usdogregistry.org](http://usdogregistry.org)