

Supporting Hoosiers with Home- and Community-Based Services during out-of-state travel



Benefits of travel for older Hoosiers

Travel provides a path to a healthy aging process by contributing to a longer life and more satisfying retirement. The benefits of travel for seniors include improvements to mental, physical and emotional health, which has been shown through extensive research.¹ Studies have found that:

- Travel keeps seniors moving and active, often providing more opportunities to move than staying at home. Older adults who are more physically active have lower rates of high blood pressure, heart disease, stroke and many other diseases.
- Travel can increase confidence as senior travelers overcome fears and leave their comfort zone.
- According to Paul Nussbaum, Ph.D., ABPP, president and founder of the Brain Health Center, Inc., “Because it challenges the brain with new and different experiences and environments, travel is an important behavior that promotes brain health and builds brain resilience across the lifespan.”
- One study found that women who vacationed every six years or less had a significantly higher risk of developing a heart attack or coronary death compared to women who vacationed at least twice a year.
- Another study showed that men who did not take an annual vacation had a 20% higher risk of death and 30% greater risk of death from heart disease.
- Travel offers social benefits too. It can help deepen relationships with traveling companions and offers opportunities to meet new people as well.²

¹ Balderas-Cejudo MS, Leeson G. Leisure travelling and its link to an active and healthy ageing. *MOJ Gerontol Ger.* 2017;1(4):111-113. DOI: 10.15406/mojgg.2017.01.00024

² Eusébio C, Carneiro MJ, Kastenholz E, et al. Social tourism programmes for the senior market: a benefit segmentation analysis. *Journal of Tourism and Cultural Change.* 2017;15(1):59–79.



Waiver services and out-of-state travel

If waiver participants notify a care manager about their intent to travel outside of Indiana, the Division of Aging expects care managers to identify any needs the participant may need during their travel and assist where able to ensure a safe trip.

We know many participants will travel with a paid caregiver to promote continuity of care. A paid caregiver may deliver services through structured family care, self-directed attendant care or work for an agency. Regardless of the type of provider, please do not interrupt the participant's waiver service plan during travel. This allows the participant to continue receiving services in a community of choice, even out-of-state. The services travel with the participant.

Waiver services and change of state residence

We know some older Hoosiers may move to a new state and not return to Indiana. The Division of Aging does not consider a permanent move as travel. In a participant moves to a new state and does not intend to return to Indiana, the service plan should not continue.

The below language will help identify those participants traveling versus those changing residence.

2406.25.00 Temporary absence from Indiana

Residence is retained until abandoned. Temporary absence from Indiana, with subsequent returns to the state or intent to return when the purpose of the absence has been accomplished, does not interrupt continuity of residence. Assistance cannot be discontinued when an individual leaves the state temporarily and no other state recognizes him as a resident for assistance purposes during the absence.