



Check updated sources on the internet, particularly the US State Department, to determine which countries are on the unfriendly or ongoing violence list. Also, keep up on news reports to be sure you have the latest info. Consult with friends, neighbors and relatives who've traveled recently. Ask about their experiences before making your plans.

Depending on your physical condition, choose countries with modern medical services, facilities for those who need help getting around, high-level sanitation and closely-monitored food quality. Reconsider trips and excursions that involve considerable walking, climbing steps, standing in long lines and other physical challenges. Cruise ships are the most accommodating for the elderly and physically-challenged. Once aboard and settled in a cabin, you can do as much or as little as you can handle. It also helps if one senior traveler is more active than the other. There are excursions and onboard events that one can attend while the other enjoys less taxing activities, such as the pool, games, lectures and other shipboard events.

Two sources for finding senior-friendly tours, cruises or other destinations, are the American Association of Retired Persons (AARP) and Road Scholar. The latter may be of particular interest to seniors who want to combine touring with education. The organization has worldwide destinations that include hands-on participation.

Additionally, if you want to do something truly constructive on your next senior experience, contact Habitat for Humanity. You may find yourself next to Jimmy Carter as part of a team repairing a storm-damaged village in Haiti.