AVAILABLE FOR INTERVIEWS

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Interview World Traveler and Author On:

INTERGENERATIONAL TRAVEL: HOW TAKING A SIMPLE TRIP WITH YOUR AGING PARENTS CAN STRENGTHEN AND DEEPEN YOUR RELATIONSHIP

According to a recent AARP study, multigenerational households are on the rise: approximately 44 percent of 45-to 55-year-olds have at least one living parent and one child under the age of 21 living with them. As a result, the tradition of parents whisking their young kids off to a Florida amusement park for a week during Christmas vacation is becoming less and less common. Today, including elderly parents in vacation plans is not just a matter of being practical, but can actually be one of the most rewarding experiences adult children and aging parents can share.

Meet Valerie Grubb, a travel expert and author who hast traveled over 300,000 miles (and counting!) with her elderly mother. The author of the forthcoming book ***Planes, Canes, and Automobiles: Connecting with Your Aging Parents through Travel*** (Greenleaf Book Group – October 2015), Grubb knows the intricacies of traveling with an elderly parent. Throughout the last twenty years, Grubb and her mother have traveled to some of the world's most exotic locations, including multiple trips to China and Thailand, as well as Cambodia, Australia, and Malaysia.

"Traveling together as grown-ups has a different and in many ways better, dynamic from the family vacations of your childhood," says Grubb. "Travel can bring you and your parents together in a way that no number of phone calls can ever equal."

In an informative and insightful interview, Grubb can comment on:

- **Vacation Planning:** How to pick a vacation spot that your aging parents will enjoy even if you're footing the bill
- **Getting Along:** Best ways to let go and not get annoyed when traveling with family for an extended period
- **Packing:** How to ensure that your parents pack properly for the climate and bring the proper medications with them
- **Getting Around:** Simple tips for handling a parent who can't walk for an extended time and doesn't want to use a wheelchair
- **Not Parenting Your Parents**: How to strike a careful balance between adopting the decision-maker role for the trip and not assuming a parental role
- And so much more!

In addition to writing *Travel with Aging Parents*, Grubb is the principal of Val Grubb & Associates, Ltd. She has worked with medium-and large-sized companies throughout the

U.S., Asia, Europe, South America, and Central Eastern Europe as an operations and leadership consultant. Prior to launching Val Grubb & Associates, Ltd., she served as the vice president of strategic operations and initiatives at NBC Universal. She holds a bachelor's degree in mechanical engineering from Kettering University, and obtained an M.B.A. from the Indiana University Kelley School of Business.

A true renaissance woman, Grubb is passionate about traveling the world and spending time with her family. Originally from Indiana, Grubb currently lives on Manhattan's Upper East Side. *Planes, Canes, and Automobiles: Connecting with Your Aging Parents through Travel* is her first book.

Website: TravelwithAgingParents.com

***Planes, Canes, and Automobiles* will be available for purchase on Amazon.com and through other booksellers on October 6, 2015.**

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