



## Travel Near and Far Discussion Questions

2023

1. What are your biggest challenges with running errands and getting out of the house?  
What helps you deal with these difficulties?
2. What are ways you pace yourself and/or prepare yourself when you need to leave home?
3. Have you tried 'traveling the world from home'?  
For example: Watching travel shows or taking virtual tours of museums or historical sites. More ideas: [10 Ways to Travel the World from Home](#)
4. What items help make travel more comfortable?  
(For example using a cushion to support your hips or back.)
5. For longer travel, what skills or tips have you found useful?  
(For example taking breaks, stretching, or using a wheelchair.)
6. How do you talk about your pain to people in your life?  
Do you let people know when your pain level increases? Why or why not?
7. What are some tools or strategies you use for setting limits and boundaries? (For example using a timer on your phone or using a planner)
8. What happens when you exceed your limits?