Elite Care
CONNECTION

BACK-TO-SCHOOL SEASON: A HELPFUL GUIDE

Back to school season affects more than just students and their parents. As schools reopen, communities become busier, with increased traffic, crowded stores, and more activity in neighborhoods. Thankfully, a little preparation can make navigating these changes easier and safer for everyone.

Plan for Increase Traffic

- Schedule appointments outside of school drop-off and pickup times when possible.
- Allow extra time for traveling and check traffic conditions before heading out.
- Consider alternate routes during the early morning and late afternoon hours.

Expect Busier Public Places

- Shop during quieter times, like weekday mornings.
- Use grocery delivery or curbside pickup if available.
- Stock up on medications, groceries, and household essentials all in one trip.

Stay Alert Outdoors

- Use designated crosswalks.
- Watch carefully for school buses and pedestrians.
- Allow extra time when crossing busy streets.

Plan Appointments Strategically

- Schedule routine appointments well in advance.
- Avoid peak traffic times when possible.
- Leave extra time for travel and parking.

Lean On Your Support System

Ask family, friends, or professional caregivers for assistance with:

- Transportation
- Grocery shopping
- Prescription pickup
- Other day-to-day errands

Additional Resources: INconnect Alliance | Indiana Pathways for Aging | Indiana School Calendar