

Travel Class for Frequent Travelers

Recreation Therapy Department



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Outline:

- Tips for pre-travel preparation
- Tools/Equipment to take with you
- Tips for luggage management
- General Air Travel Tips
- Ground Transportation Tips
- Hotel Tips
- Cruise Tips



Meet our panel of “experts”



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Preparing for Your Trip

- Know your skills/needs
 - Tub transfer?
 - Toiler transfer?
 - Bed transfer?
- Research your Destination
- Plan for Equipment needs
 - Taking, shipping, or renting?
- Plan for caregiving needs
 - Taking or hiring?



Knowing Your Rights

- American's with Disabilities Act: adopted in 1992, revised in 2010.
- Air Carriers Access Act (14 CFR 382): adopted in 1986, revised in 2008
 - Compliance is required of all carriers flying into and out of the United States. Domestic and International carriers are required to comply under an amendment called Air 21.
 - http://www.pva.org/site/PageServer?pagename=rights_aircarrier&AddInterest=1042
- International travel laws?



Making your reservation:

- Be specific in your needs
 - Transfer assistance for flying; type of shower in hotels, wheelchair measurements
- Don't be afraid to ask questions
- Be prepared with suggested solutions to any obstacles
- Book as early as possible



Packing suggestions:



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Packing for your Trip

- Medications & personal care supplies
- Bathroom or transfer equipment
- List of the following in case of emergency:
 - Physicians' Names, Numbers, & Addresses
 - Medications
 - Medical Diagnoses
 - Insurance Information



Airport Security

- TSA provides ongoing training with their security screeners on appropriate screening techniques for people with different types of disabilities
- Because many disabilities are not visual, all TSA officers are required to ask any passenger in a wheelchair “are you able to stand, is your party able to assist you with standing or lifting and/or are you able to use upper body strength to lift yourself?” (to check the cushion).
- TSA CARES can be contacted about 72 hours before travel at 1-855-787-2227 to have a TSA Passenger Support Specialist escort you through the security checkpoint so TSA can ensure you will be provided with the appropriate level of assistance you need.



Air Travel Tips

- For Domestic flights arrive at least 1.5 - 2 hours prior to departure and For International Flights arrive at least 2.5 - 3 hours in advance of your flight. You must be at the gate 15 minutes prior to boarding for domestic flights and 45 minutes prior to the boarding of any international flight.
- Do **NOT** check your chair as baggage.
- Confirm seating and transportation/boarding assistance needed. Transfers always occur at the door of the aircraft.
- Secure all removable parts of wheelchair.
- For power wheelchair- laminate instructions on the wheelchair for how to disengage the motor and secure your drive system.



How do you manage your luggage?



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Plan for Bowel/Bladder needs



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Tips for on board the airplane:

- Sit on wheelchair cushion in the airplane
 - Air vs gel cushion
- Take something along if you will need it to put under your feet so your knees are at a 90° angle
- Chest strap?
- Know how you will do your weight shifts
- Option for personal aisle chair
 - <https://www.epicalsolutions.com/post-portfolio/icon-wheelchairs-aisle-chair/>



Window or Aisle seat?



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Cindy's onboard seating tips:



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Ground Transportation

- Accessible hotel shuttles
- Rental cars
 - Portable hand controls
- Public transit
- Regional transportation:
 - Amtrack offers discount fares for travelers w/ disabilities
 - Grey Hound offers 50% discount for personal care attendant traveling with traveler w/ disability
- Tips for foreign countries



Hotel Tips

- Handicap vs. wheelchair accessible
- Bedroom accessibility
 - Bed height
 - Removing box spring or box frame from underneath
 - Learn to do dependent slide board if possible to eliminate need to travel with hooyer
 - Extra furniture
 - Ask for pictures of the room
 - Evacuation plan?



More Hotel Tips

- Bathroom accessibility

- Toilet tools

- K cushion <https://www.kcushion.com/>
 - Adjustable padded raised toilet seat <http://www.elderdepot.com/customer/product.php?productid=1173&cat=271&page=2>
 - Nuprodx <http://www.nuprodx.com/chair3000tx.htm>



- Bottom of tub tools

- Roll in shower

- Contact ALS Society or MS donor closet to see about renting equipment or ask DME company at your destination



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Shane's hotel bathing tips:



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Cruise line Tips

- Accessible cabins book up fast! Make your reservations as early as you can.
- Know your wheelchair measurements and be specific when booking your cabin
- Ask about the access to land excursions (dock vs. transport boat)
- Research your options for any desired excursions



Where there's a will, there's a way:



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Travel Resources

- Internet
- Organizations (United Spinal Association's Able to Travel; Access to Travel)
- Summaries of the laws protecting your rights
- Magazines/Publications (Venture)
- Travel Agencies
- Airline websites and brochures about customers with disabilities. <https://www.delta.com/us/en/accessible-travel-services/overview>



Final advice from our experts:



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