Accessible Travel Basics: From Planning to Execution

June 14, 2016

Presented by:

Biogen  EMD Serono

Teva Pharmaceuticals | Acorda Therapeutics

Mallinckrodt Pharmaceuticals Autoimmune and Rare Diseases | US Bank
THE POWER TO BE MORE THAN YOUR MS
www.mscandodo.org | 800-367-3101

National Multiple Sclerosis Society
How to Ask Questions During the Webinar:

- **Chat Feature** – Type in your questions using the chat box on the lower left hand side of your screen.
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Polling question #1

• Have you traveled since being diagnosed with MS? If so, how often do you travel?

• I have not traveled since being diagnosed
• Once every 2 years or less
• Once a year
• 2-4 times a year
• More than 5 times a year
Pre-Travel Advice

• Pack a little at a time the week/weeks prior to traveling to conserve energy

• Talk to your family, friends, and travel partners about strategies, expectations, worries, and who is responsible for what

• Get a doctors note authorizing your shots for the airplane, or giving authorization for activities
Pre-Travel Advice

• Pack a backpack and bungee cords so your hands will be free and you can attach walking sticks to your chair

• Call resort/hotel and ask for map to bathroom, beach, elevators, stairs, restaurants, hospital, etc.

• Also ask the hotel about their abilities to assist people experiencing physical challenges

• Remember disabled placard
DISABLED AIR TRAVELERS
BILL OF RIGHTS
You have the right to curbside wheelchair assistance
You have the right to remain in your own wheelchair all the way to the door of the aircraft
You have the right to fly
You have the right to relieve yourself on a flight, if nature calls
You have the right to compensation, should your wheelchair be lost or damaged
You have the right to have your problems addressed by an individual who understands your rights under the ACAA.
Air Carrier Access Act

DOT Hotline
(866) 266-1368
DOT ACAA Complaint Form

www.transportation.gov/airconsumer/form-382
Air Travel

• Ask for a seat near the bathroom

• Plan airplane clothing such as a wrap and socks for temperature change, extra pair of underwear, damp washcloth in a ziplock, and pillow

• Consider wearing a poise pad, even if you usually don’t, just to be safe

• Bring a travel mug with straw or ask for entire beverage container to avoid spilling
TSA Guidelines
www.tsa.gov/travelers/airtravel/specialneeds/index.shtm
TSA Cares Hotline
(855) 787-2227
TSA Tips

• Prepare documents for easy access

• Directly communicate your needs

• Decide before who will help you account for all your stuff

• Bring dollar bills to tip the person who pushes your chair
Finding an Accessible Room
Hotels/Resorts

• Ask for plastic chair to put in the shower

• Familiarize yourself with the layout of the property (such as elevators and bathrooms)

• Room temperature; ask for extra blankets for your travel buddies

• Tell the bartender or lifeguard not to worry about observable symptoms

• Know how to access emergency
Ditch the self-imposed restrictions
Polling question #2

• What is your biggest fear of traveling?
• Missing a plane
• No accessible restroom
• Hotel isn’t accessible
• Being the center of attention
Fatigue
SLOW down!
SLOW Down!

Start Early
SLOW Down!

Leave Ample Connecting Time
SLOW Down!

Only Book Flights in Off-Peak Times
SLOW Down!

Always Reserve An Airport Wheelchair
Temperature Sensitivity
Cooling Vest
www.icevests.com
Fatigue and Temperature Sensitivity

- Put lounge chair in the water
- Bring a blow up raft
- Bring foldable walking sticks or chair
- Heated socks and/or gloves
- Boots/shoes with good traction or adjustable grips
Think Outside of the Box
Up and Away Ballooning
www.up-away.com
Myakka River State Park
www.floridastateparks.org/park/Myakka-River
San Diego
Grand Canyon Skywalk
YMCA of the Rockies Yurt

www.snowmountainranch.org
Favorite Travel Destinations

• “I don’t really have a favorite travel destination. I’ll travel almost anywhere because traveling allows and reminds me that I am still fully participating in life and moving.”

• San Francisco / Cozumel
General Tips

• Have a code word with your family so you don’t have to yell “I have to go to the bathroom!”

• Have a post conversation with your travel partner about what worked and what didn’t

• Sit on the sand or on the shores edge and if you have to pee you can just go. Throw a some water on yourself after and no one will know.

• Pack a water proof cell phone case (Amazon) so you can have it near to call if you need help

• Pack a travel bottle of wool-lite

• Baby bottle work well to contain used needles
Thank You!

Candy Harrington
EmergingHorizons.com

Lisa B. Kemppainen, MA, LMFT

Questions/Comments
Can Do MS Resources

eNEWS
your best life update

Q&A

Can Do Library

Find these resources at www.MSCanDo.org.
Research

Our Vision is a World Free of MS. We are a driving force of MS research and treatment to stop disease progression, restore function, and end MS forever.

Wheeled Mobility Options