

# WEBINAR & TELELEARNING SERIES



## Accessible Travel Basics: From Planning to Execution



**June 14, 2016**

*Presented by:*



**Teva Pharmaceuticals | Acorda Therapeutics**

**Mallinckrodt Pharmaceuticals Autoimmune and Rare Diseases | US Bank**



**THE POWER TO BE MORE THAN YOUR MS**  
**[www.mscando.org](http://www.mscando.org) | 800-367-3101**

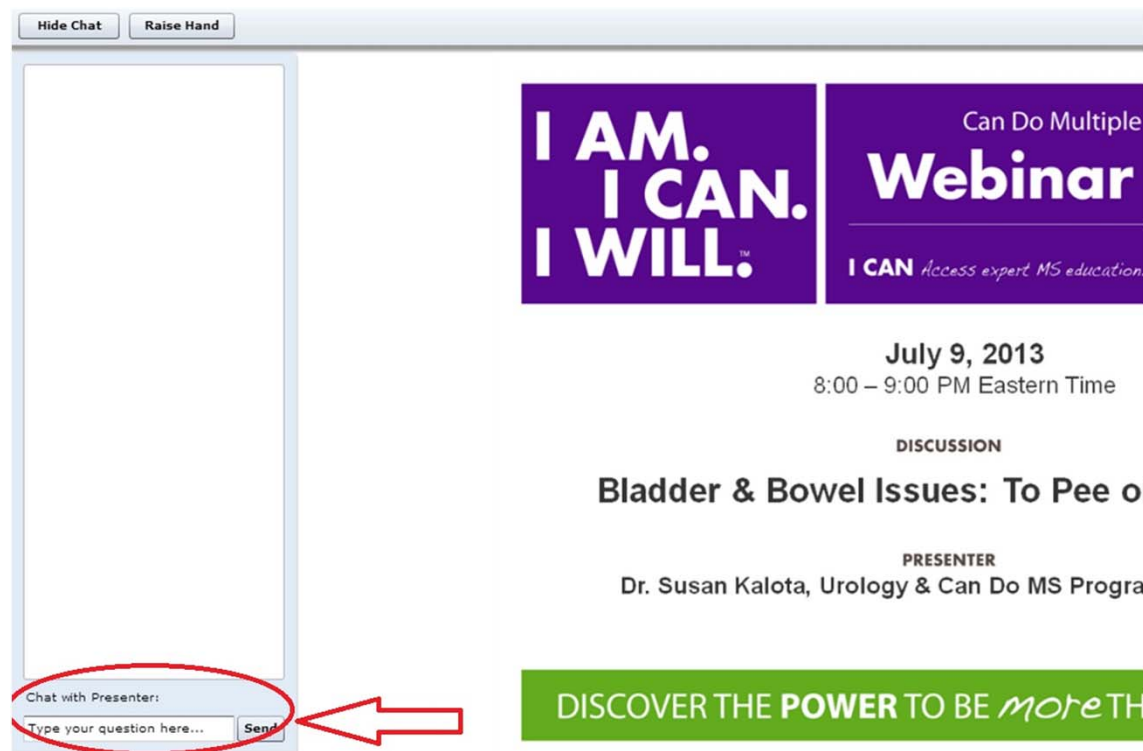


**National  
Multiple Sclerosis  
Society**



# 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.



The screenshot shows a webinar interface. On the left, there is a chat box with a 'Hide Chat' and 'Raise Hand' button at the top. The chat box contains a 'Chat with Presenter:' label, a text input field with the placeholder 'Type your question here...', and a 'Send' button. A red circle highlights the chat input area, and a red arrow points to it from the right. To the right of the chat box, there is a purple banner with the text 'I AM. I CAN. I WILL.' and 'Can Do Multiple Webinar'. Below the banner, the date 'July 9, 2013' and time '8:00 – 9:00 PM Eastern Time' are displayed. The topic 'Bladder & Bowel Issues: To Pee or Not to Pee?' is listed under the heading 'DISCUSSION'. The presenter is identified as 'Dr. Susan Kalota, Urology & Can Do MS Program' under the heading 'PRESENTER'. At the bottom, a green banner reads 'DISCOVER THE POWER TO BE more THAN'. The 'CAN DO' logo is visible in the bottom left corner, and the 'MS' logo with 'National Multiple Sclerosis Society' is in the bottom right corner.

# Candy Harrington



**Author, Editor, Accessible Travel Expert  
Northern California**



# Lisa B. Kemppainen, MA, LMFT



**World Traveler, Living with MS  
Colorado Springs, CO**

# WEBINAR & TELELEARNING SERIES



## Accessible Travel Basics: From Planning to Execution



**June 14, 2016**

*Presented by:*



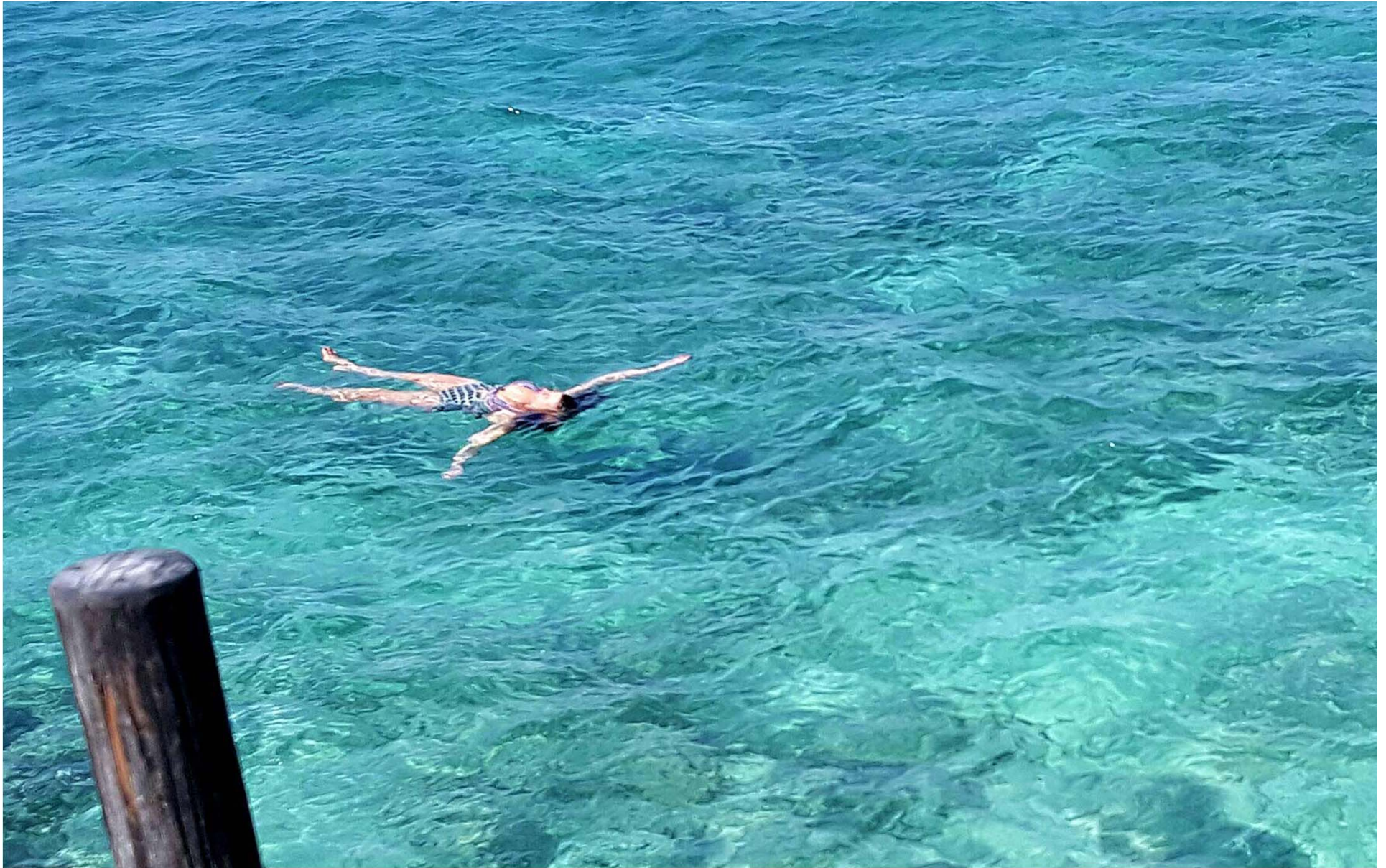
**Teva Pharmaceuticals | Acorda Therapeutics**

**Mallinckrodt Pharmaceuticals Autoimmune and Rare Diseases | US Bank**

# 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

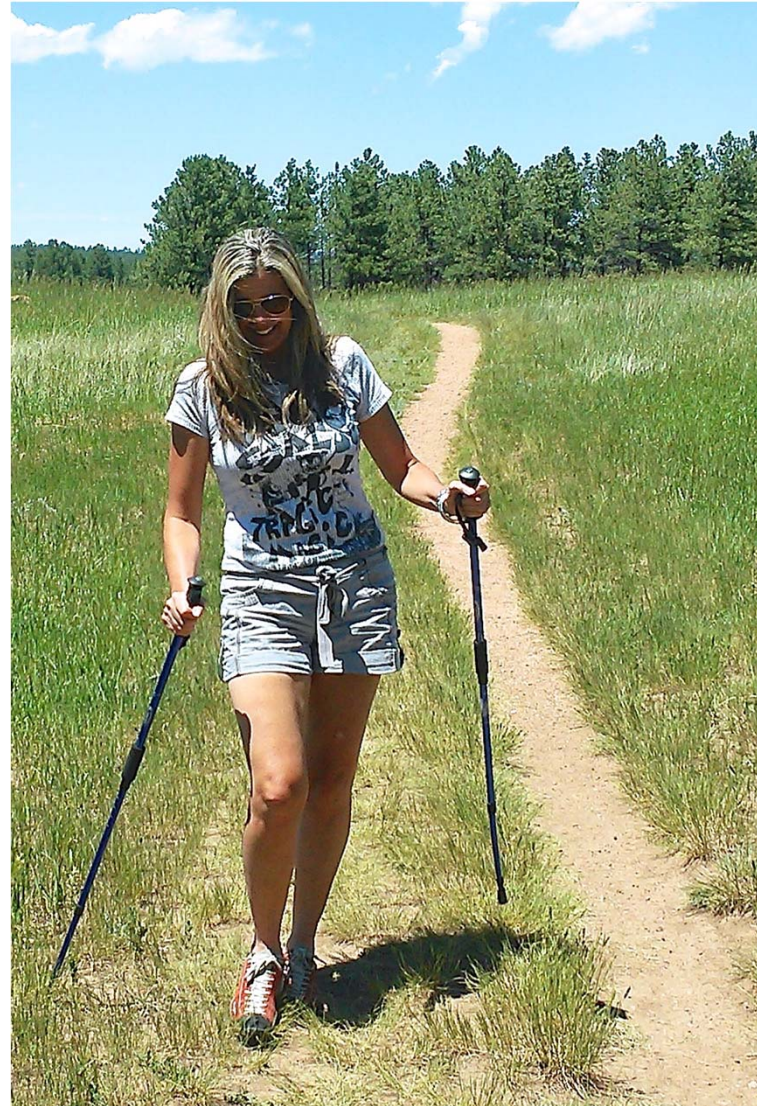






# Pre-Travel Advice

- **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**







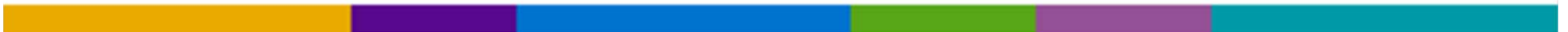


DISABLED AIR TRAVELERS  
BILL OF RIGHTS





# 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

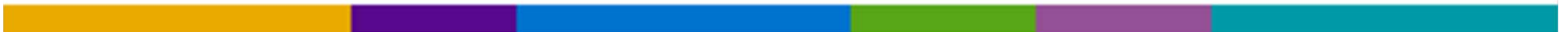




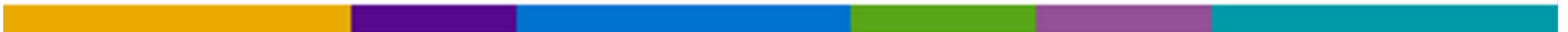
# You have the right to fly



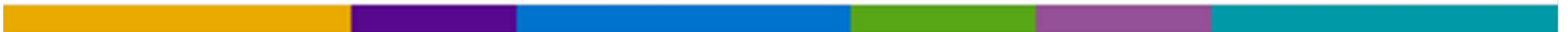
# You have the right to relieve yourself on a flight, if nature calls



# 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

[airconsumer.ost.dot.gov/rules/Part 382-2008.pdf](http://airconsumer.ost.dot.gov/rules/Part%20382-2008.pdf)





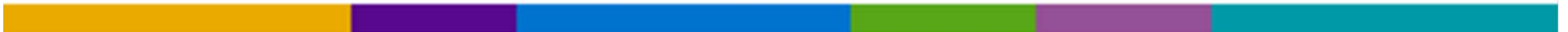
# DOT Hotline

(866) 266-1368



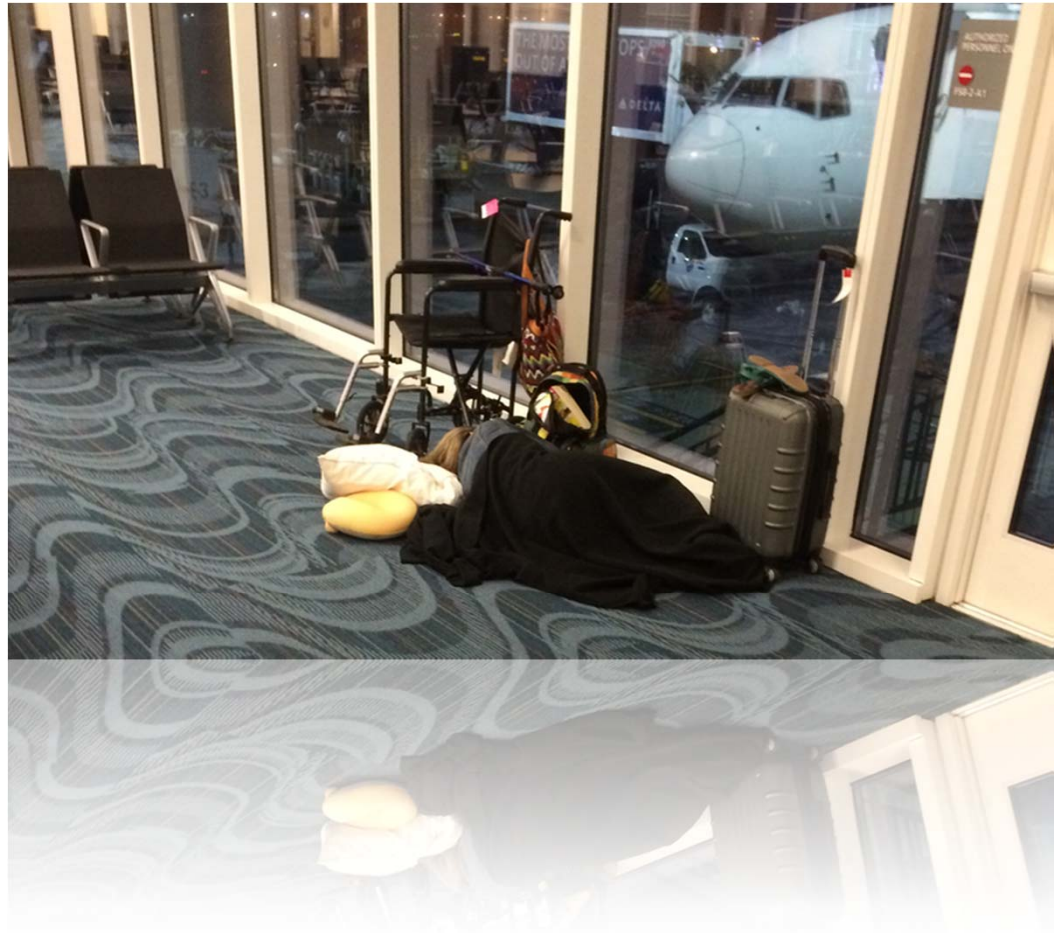
# DOT ACAA Complaint Form

[www.transportation.gov/airconsumer/form-382](http://www.transportation.gov/airconsumer/form-382)



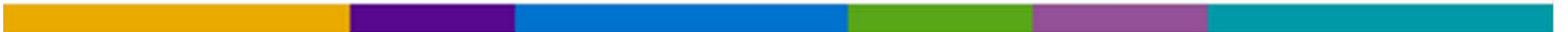
# Air Travel

- **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](http://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



© Charles Pannell

# 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

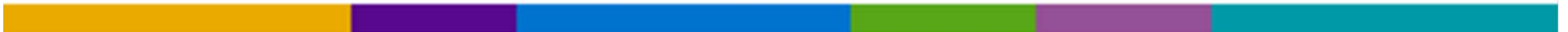




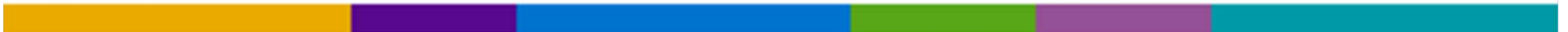
# Polling question #2

- 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

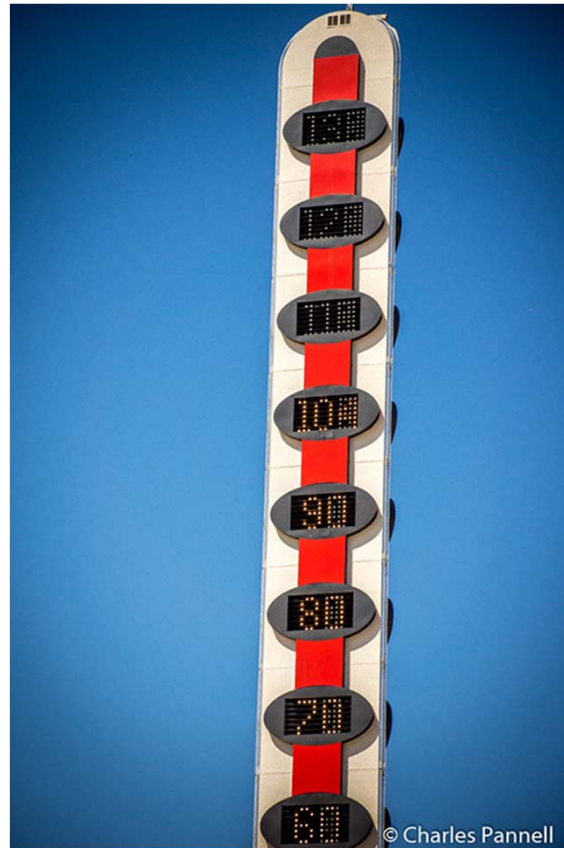
# **SLOW Down!**

## **Only Book Flights in Off-Peak Times**

**SLOW Down!**

**Always Reserve An Airport  
Wheelchair**

# Temperature Sensitivity





[www.crystals.us/smellyjellycoolties.htm](http://www.crystals.us/smellyjellycoolties.htm)

[www.polarbreezebandanas.com](http://www.polarbreezebandanas.com)



# Cool Off Towelettes



# Cooling Vest

[www.icevests.com](http://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](http://www.up-away.com)

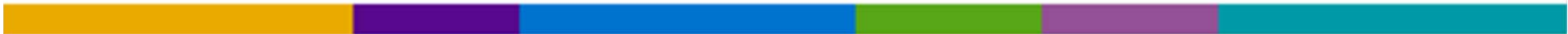




© Charles Pannell







# Iceland Taxi Tours

[www.icelandtaxitours.is](http://www.icelandtaxitours.is)





# Iceland Unlimited

[www.icelandunlimited.is](http://www.icelandunlimited.is)

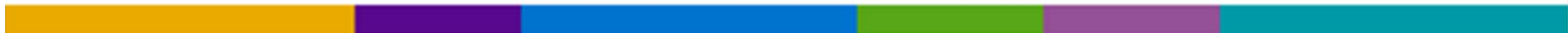


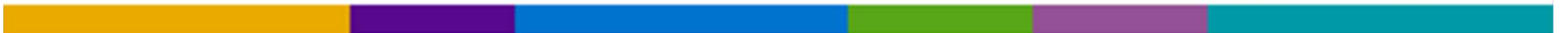
© Charles Pannell













# Myakka River State Park

[www.floridastateparks.org/park/Myakka-River](http://www.floridastateparks.org/park/Myakka-River)



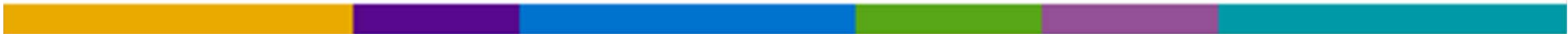




© Charles Pannell

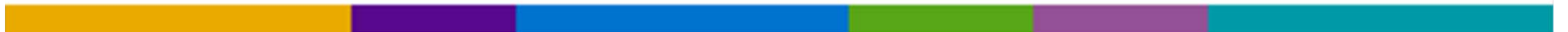








© Charles Pannell







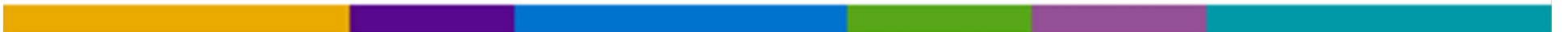
© Charles Pannell







© Charles Pannell





# San Diego



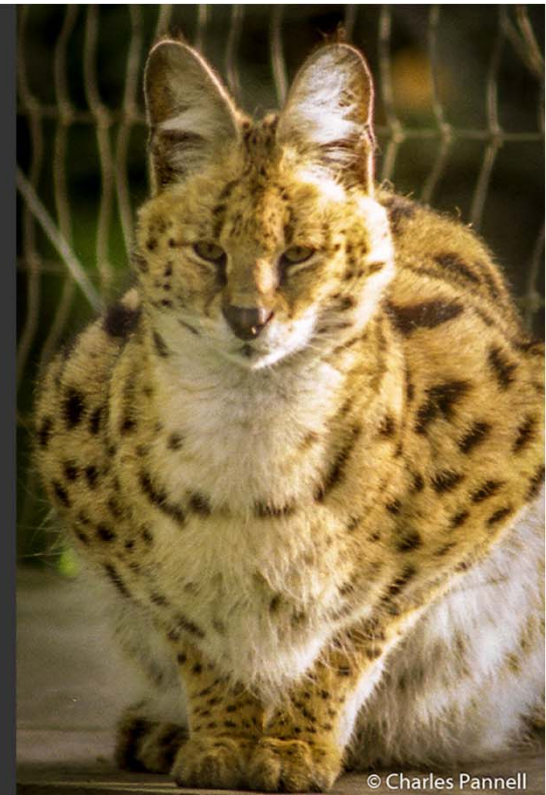
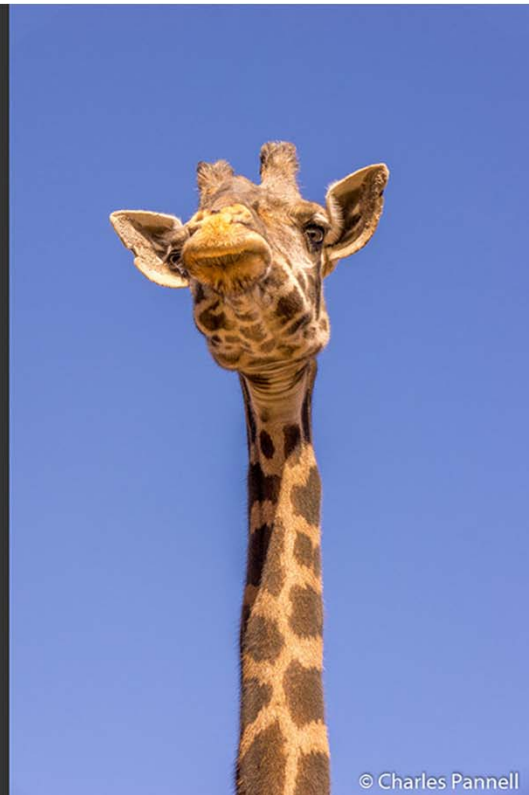


© Charles Pannell



# Safari West

[www.safariwest.com](http://www.safariwest.com)







© Charles Pannell











# Grand Canyon Skywalk



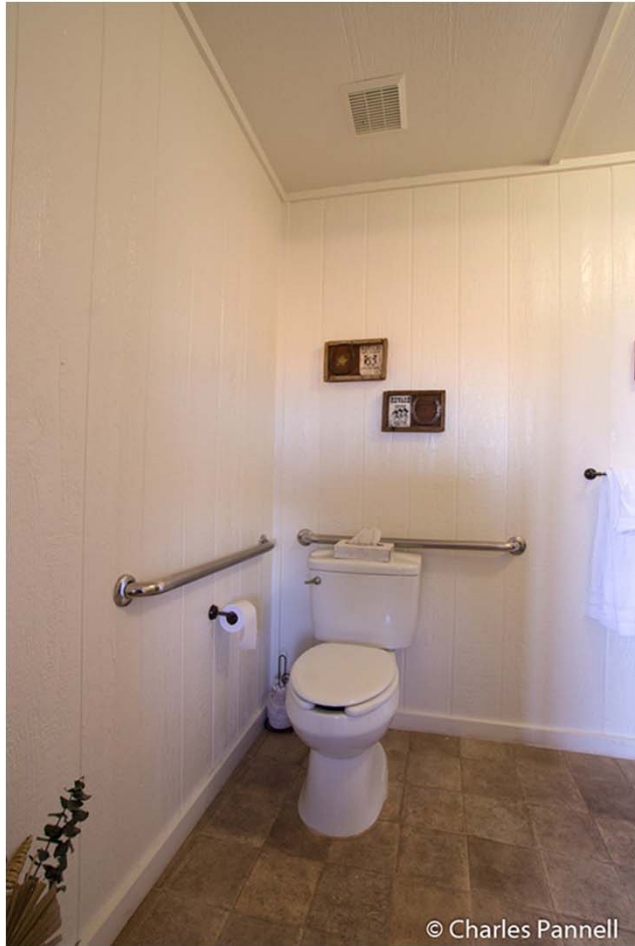




© Charles Pannell



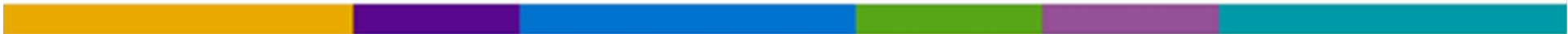




© Charles Pannell



© Charles Pannell





# Grand Canyon West

[www.GrandCanyonWest.com](http://www.GrandCanyonWest.com)



© Charles Pannell

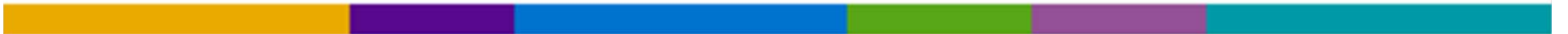
# YMCA of the Rockies Yurt

[www.snowmountainranch.org](http://www.snowmountainranch.org)





© Charles Pannell

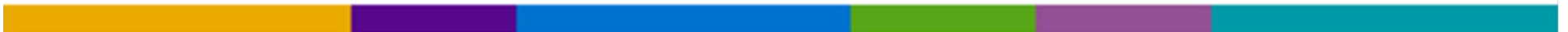






# Favorite Travel Destinations

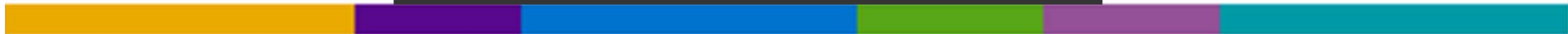
- **“I don’t really have a favorite travel destination. I’ll travel almost anywhere because traveling allows and reminds me that I am still fully participating in life and moving.”**
- **San Francisco / Cozumel**







[www.EmergingHorizons.com](http://www.EmergingHorizons.com)



# 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**



03/24/2015





# Thank You!



Candy Harrington  
[EmergingHorizons.com](http://EmergingHorizons.com)



Lisa B. Kemppainen, MA, LMFT

## Questions/Comments

# Can Do MS Resources

e | NEWS  
your best life update

Q&A

Can Do Library



Find these resources at [www.MSCanDo.org](http://www.MSCanDo.org).



# National MS Society Resources

ADA &  
People with MS

## 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.





# WEBINAR & TELELEARNING SERIES



## Managing Symptoms: Spasticity



July 12, 2016

*Presented by:*



**Teva Pharmaceuticals | Acorda Therapeutics**

**Mallinckrodt Pharmaceuticals Autoimmune and Rare Diseases | US Bank**