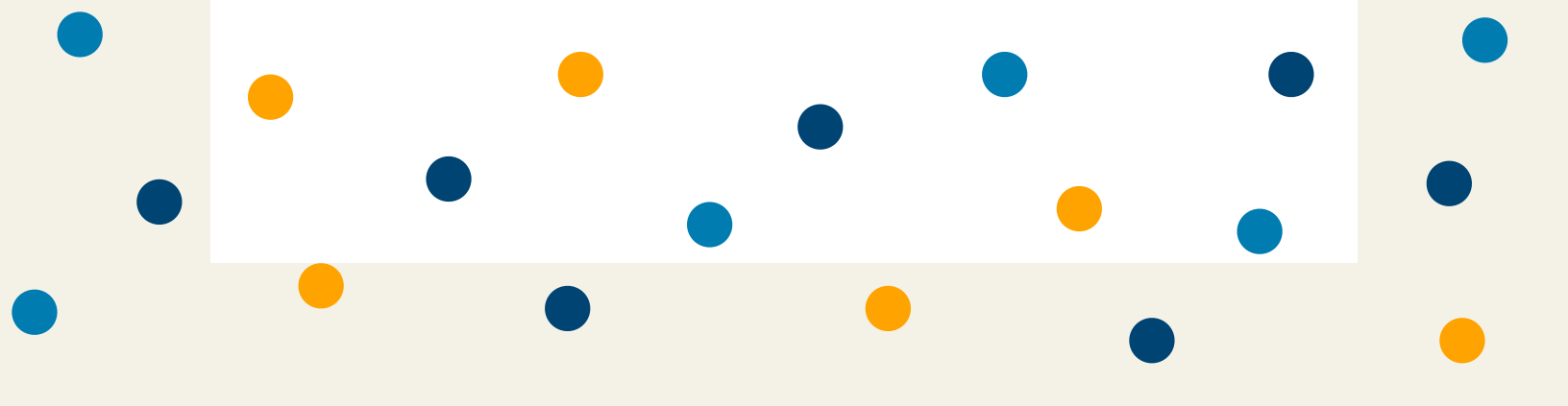




TRAVELING WITH DISABILITIES

The holiday season can bring about a lot of travel. Whether you or your loved one have a disability, here are some tips and tricks to make the experience more accessible for everyone!





TIP #1

EMBRACE YOUR RIGHTS

Individuals with disabilities have certain rights in regard to travel as an individual with disabilities. One example is the 1973 Air Carrier Access Act that states one should:

- Be treated with dignity,
- Be provided accessible facilities,
- Be offered on and off plane assistance,
- Be allowed service animals, if need be,
- And more

Be sure to arrange any accommodations as early as possible to ensure that they are available to you or your loved one on your travel dates. For more information regarding rights, please visit

<https://www.ada.gov/resources/disability-rights-guide/>



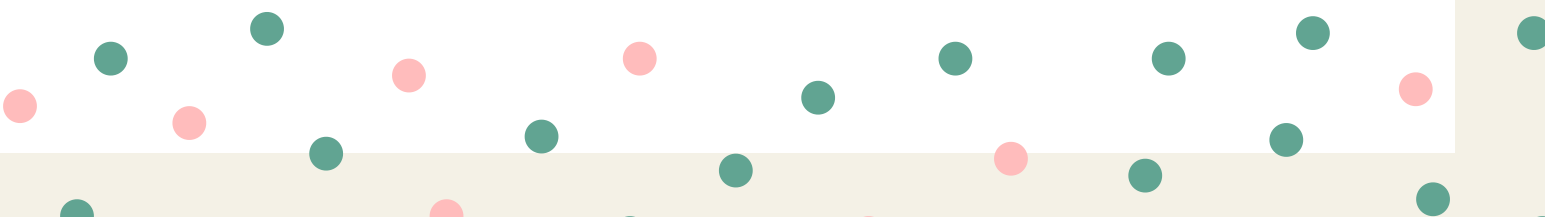


TIP #2

MAINTAIN YOUR ROUTINE

No matter what your day-to-day routine entails, it is important to try to keep that schedule while traveling. If you stray from the schedule of you or your loved one, it can affect one's mental health and immune system.

Make a conscious effort to stay as close to routine as possible.



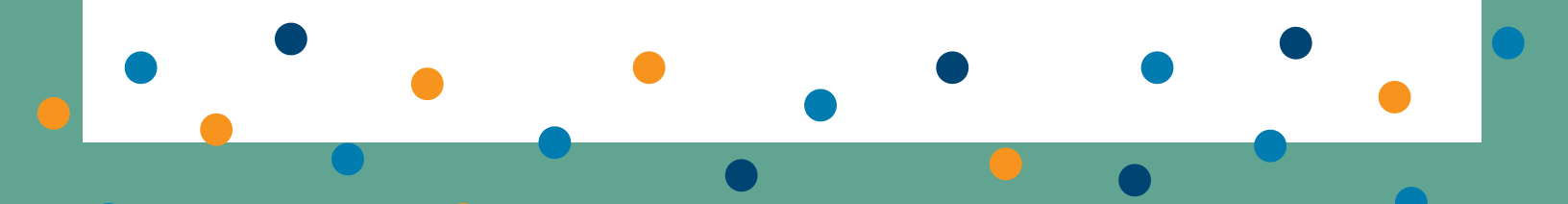


TIP #3

KEEP A SLOW PACED MINDSET

Sometimes disabilities can slow things down, which can be quite frustrating if you have a jam-packed itinerary. Try not to overbook yourself or your family. Anticipate needing more time or extra breaks.

Traveling, whether for vacation or visiting family, is supposed to be an enjoyable experience. Doing things at your own pace can help to maintain a positive experience.





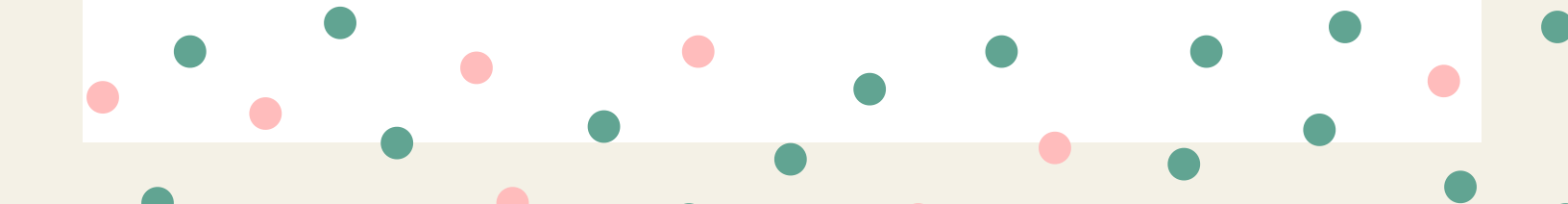
TIP #4

START PACKING EARLY

To make sure you don't forget anything you need for upcoming travel, start packing early. The sooner you start packing, the more likely you are to remember everything that has to come with you before you leave.

A packing list can also be beneficial to ensure that all of your necessary belongings make it on the trip.

Try to start packing at least a week before your trip. If a week prior is not possible, try your best not to leave it to the night before.

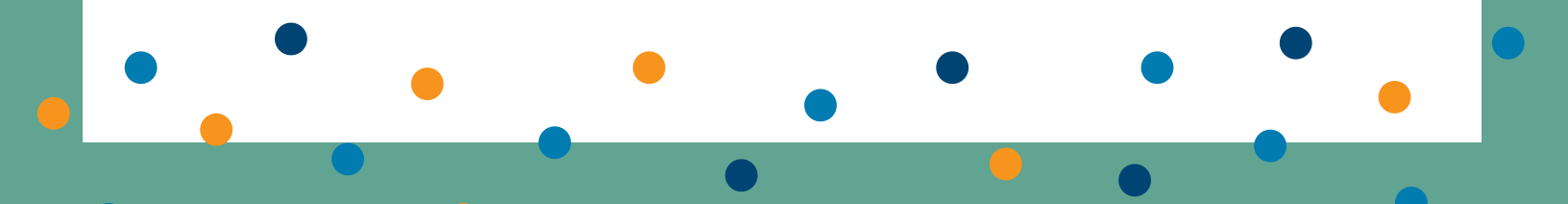




TIP #5

USE THOSE DISCOUNTS

Many airlines, national parks, and other organizations offer discounts to individuals with disabilities. Make sure to check the websites of the businesses you're using and see if you can't get a deal! Some examples include Amtrack, Greyhound buses and Turkish Airlines.





SOURCES

<https://sath.org/the-ten-golden-rules-of-autistic-travel/>

<https://www.letsroam.com/explorer/traveling-with-a-disability/>

<https://sath.org/need-to-know-facts/>

<https://www.ada.gov/resources/disability-rights-guide/>

<https://www.smartertravel.com/disabled-travel/#:~:text=The%20following%20tips%20and%20resources%20will%20help%20disabled>





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