

Travel Resources for Individuals with SCI

About this guide

Dr. Shane Stone crafted this guide to facilitate travel for individuals with SCI. It is a curated list of resources and websites, assembled into one comprehensive document. This is optimized for mobile devices and laptops (allowing continued updates), while also offering full URLs for those who prefer a hard copy. While exhaustive, this guide acknowledges that it may not encompass every aspect of travel for individuals with SCI. Nonetheless, it serves as an invaluable starting point on the journey.

Table of Contents

The guide opens with 2 key resources:

- 1) A summary and link to the Air Carrier Access Act
- 2) A link to the American Spinal Injury Association (ASIA) SCI Traveler Guide

It is followed by lists and tables of other valuable information including:

- Travel-Friendly Equipment
- Travel Companies
- Podcasts on Travel
- Other Mobile Applications and Websites
- Miscellaneous Recommendations to assist in packing and preparation

Of note, all text that is colored [BLUE](#) is a link to a website

Know your rights

The Air Carrier Access Act prohibits discrimination based on disability in air travel ([Summary Page](#)).

- It defines the rights of passengers and the obligations of airlines under this law
- This rule applies to all flights within the United States of America (USA) and foreign flights to and from the USA

The SCI Traveler Guide

The American Spinal Injury Association (ASIA) created an [SCI Traveler Guide](#) to act as a comprehensive guide to help individuals with SCI participate in domestic and international travel.

- It includes information on your rights, preparing for travel, travel-friendly equipment, travel-friendly locations, and booking travel
- It is recommended to review this document as it is even more comprehensive than this guide



Travel-Friendly Equipment

(Some of these are covered in the ASIA SCI Traveler Guide)

<u>Resource</u>	<u>Website</u>
Travel Shower Chair	https://www.nuprodx.com/
Portable Transfer Board	https://www.etac.com
Inflatable Air Wedge	https://www.travelwedge.com
Transfer Sling	https://www.adapts.org/

Travel Companies

(In addition to those in the ASIA SCI Traveler Guide)

<u>Resource</u>	<u>Specialty</u>	<u>Website</u>
Seable	Vision impairments	https://seable.co.uk/
Planet Abled	All disabilities: Travel in India and South East Asia (plans to expand)	https://planetabled.com/
Tapooz Travel	Mobility impairments: have a list of destinations on the website	https://www.tapooztravel.com/
Incredible Memories	Travel agency for any destination (has preferred vendors)	https://incrediblememoriestravel.com

Podcasts on Travel

Podcast	Episode Description	Link
ASIA SCI Perspectives*	Discussion with one of the authors of the ASIA Guide	https://rss.com/podcasts/sci-science-perspectives/835856/
Bladder Buzz*	Traveling with SCI (Psychologist and OT discuss travel)	https://bladderbuzzpodcast.buzzsprout.com/1290071/8541091
Wheelchair Nerds*	Preparing to travel: Part 1 (therapist, a travel agent with a disability, and an individual with SCI discuss)	https://hub.permobil.com/wheelchair-nerds-ep-10
Wheelchair Nerds*	Preparing to travel: Part 2 (same cast as above)	https://hub.permobil.com/wheelchair-nerds-ep-11
Wheelchair Nerds*	Troubleshooting (Same cast as above)	https://hub.permobil.com/wheelchair-nerds-ep-12

*Can be found wherever you listen to podcasts- Apple, Spotify, etc

Other Apps and Websites

<u>Resource</u>	<u>Description</u>	<u>Website</u>
Seat Guru	Allows you to search your flight to assess cabin & seats	https://www.seatguru.com/findseatmap/findseatmap.php
Seat Expert	Search by airline to find your plane to assess cabin & seats	http://seatexpert.com/
Aerolopa	Detailed schematic of the passenger cabin that's drawn to scale	https://www.aerolopa.com/
Wheelmate	App for finding accessible bathrooms and parking	https://www.coloplast.com/products/bladder-bowel/wheelmate/ Apple & Android
United Airlines	new digital tool on its app and united.com that makes it easier for customers who use wheelchairs to find flights that can best accommodate the specific dimensions of their personal mobility device	https://mobilitymgmt.com/numotion-united-spinal-collaborate-with-united-airlines-on-wheelchair-fit-tool/
United Spinal	Advocacy Organization's Airline travel guides	https://unitedspinal.org/accessible-air-travel/

Miscellaneous Recommendations:

Packing:

- Bring your adaptive equipment that travels easily (i.e., utensils, plate guard, gait belt, etc.)
- Medical equipment does not count as a carry-on item
- Travel with zip ties, an Allen wrench, and duct tape to troubleshoot issues with your wheelchair while traveling

Airport Preparation:

- Contact [TSA cares](#) 48 hours before travel to facilitate arrival and navigation of airport security
- Take photos and videos of your wheelchair (or other checked equipment) before giving it to the airplane staff
 - If you have to make a complaint about damage after a flight, make the complaint to the airline and the [Department of Transportation](#)

Flight Preparation:

- According to the Air Carrier Access Act, you get complimentary seat selection to maximize comfort and ease of flying (within your cabin, not to an upgraded fare)
 - Check seat sizes beforehand to see if your wheelchair cushion will fit (see sites like Seat Guru or Expert above)
- Planes have a closet for manual wheelchairs to be stored on the plane
 - If the plane has >100 seats without a closet then it can be seat-strapped
- Check the accessibility of the airplane bathroom beforehand
 - It may be easier to place an indwelling catheter for a flight rather than attempting intermittent catheterization
- Reduce your risk of developing Deep Vein Thrombosis (DVT aka blood clots)
 - Wear compression garments on the flight
 - Talk to your doctor about briefly using preventative medicine for flights >8 hours