Travel, Safety, and ALS

Alisa Brownlee, ATP, CAPS
Clinical Manager, Assistive Technology Services
ALS Association, National Office and Greater Philadelphia Chapter

abrownlee@alsa-national.org
Twitter: alsassistivetec  Facebook: Alisa Brownlee ALS

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Today’s Webinar

Happy Summer! This webinar will discuss items to consider when traveling with ALS and safety considerations when both home and away.

If you would like a copy of this presentation, please email me and I will gladly send you a copy

abrownlee@alsa-national.org
Travel, Mobility & You

- Traveling offers many exciting opportunities: a chance to meet up with family and friends, see new places and experience different cultures.
- It also requires that you leave your daily routine and comfort zone. If you have difficult getting around, traveling offers additional challenges.
- People traveling that have ALS need to find out from their physical if they are safe to travel.
  - Are you safe to fly?
  - Air pressure is different in a plane and you may need a special test to see if you are safe to fly.

  - ALWAYS CHECK WITH YOUR PHYSICIAN PRIOR TO ANY TYPE OF EXTENDED TRAVEL.
Travel Mobility Check List

- **Access your personal mobility:**
  - First, it's important to honestly assess how you get around. Think about the follow questions: How long can you comfortably walk? What kind of physical activities do you find difficult, i.e. stairs, hills or standing from a seated position? What do you currently do to improve your mobility?

- **What kind of trip will you be taking?**
  - Next, closely consider your trip and the physical requirements you'll likely need to perform. Are you planning a trip that has you on the move? Will your trip require less activity, i.e. staying one spot with little walking?

- **Choose Your Tools:**
  - Finally, you'll need to match the tools needed accomplish your travel goals with your physical abilities.

> http://www.access-able.com/tips/mobility.html
Know Before You Go

• The first consideration in traveling with disabilities is the preparation you need to travel. If you don't travel much, speak to someone with a similar disability who has travelled abroad before. Think of questions you should consider if your disability requires additional assistance and write them down. For example, some questions to consider:
  • If you use a wheelchair, what type of assistance will you need?
  • Can you walk from the door of the plane to your seat or do you need an aisle seat?
  • Can you transfer from your wheelchair to your seat or do you need assistance?
  • If you will transfer planes, how much time do you need during the transfer?
  • If you are traveling with a guide dog explain to the travel agency or ticketing agent any assistance you will need. If you use a ventilator, are you sure the appropriate plugs are available?
  • If you have special dietary needs, does the airline or hotel have the food/formula you need?
How will you get to your destination?

- Airline
- Rail
- Drive
- RV
- Durable Medical Equipment
  - Take you own?
  - Rent when you get there?
  - Wheelchairs, bathroom equipment, transfer equipment, breathing devices
Airline Travel

• When making airline reservations:
  1. Make your reservation as far in advance as possible.
  2. Tell the reservations person that you will be traveling with a wheelchair or scooter.
  3. Inform them if you need assistance in boarding (an aisle chair to get to your seat)
  4. If it is a long flight and you are able to use a standard plane restroom but are unable to walk to the restroom ask that they make an aisle chair available to you during the flight
    – Some airplanes have a privacy curtain that includes the aisle that would allow a companion to assist you.
    – Keep in mind that airplane restrooms are quite small
      » For males consider condom catheter or adult diapers
      » For females, external female catheter or adult diapers
Airline Travel Con’t

• 5. On newer and refurbished wide body jets (the ones with two aisles) there is one accessible restroom. It is large enough to fit the aisle chair inside so making it possible to transfer to the toilet. These planes generally carry an aisle chair, but it is a good idea to confirm that one will be on board.

• 6. Always confirm that they have a record of your requests 48 hours prior to departure.

• 7. Some of the newer planes have lift up arms on some of the aisles. You can request to be seated there if they are available. It makes transferring easier. Some passengers prefer to request bulkhead seats that have more legroom, but the air rests on these seats do not lift up.
Getting through security

• TSA shares tips for travelers with disabilities, medical devices, medical condition
  – Individuals with disabilities or medical conditions, and who use medical devices should not think of a Transportation Security Administration (TSA) checkpoint as a barrier to travel
  – All travelers are required to undergo screening at the checkpoint. Passengers with a disability or medical condition or their traveling companion may consult a TSA officer about the best way to relieve any concerns during the screening process. Individuals may provide an officer with a TSA notification
  – If a passenger with a medical device, medical condition or a disability is approved to use TSA Pre✓®, he or she does not need to remove shoes, laptops, 3-1-1 liquids, belts, or light jackets during the screening process. However, everyone is required to undergo screening at the checkpoint by technology or a pat-down card or other medical documentation to describe the condition
  – Persons with disabilities and medical conditions are not required to remove their shoes if they have a disability or medical condition. However, shoes must undergo additional screening, including in a discrete manner.
TSA’s 5 Top Resources for People with Disabilities

- TSA’s toll free helpline, called **TSA Cares**, enables travelers or families of passengers with disabilities and medical conditions to call 1-855-787-2227 with any questions about screening policies, procedures and what to expect at the security checkpoint 72 hours prior to traveling. The helpline is staffed weekdays from 8 a.m. to 11 p.m. ET and from 9 a.m. to 8 p.m. on weekends and holidays. Injured service members and veterans including individuals associated with the Wounded Warrior Program may contact TSA Cares to help facilitate the screening process. By asking questions on the helpline, travelers arrive at the airport knowing the screening process and procedures that they will experience, thus reducing anxiety of the unknown.

- The **TSA Contact Center** is a customer call center that is available to answer questions by email at TSA-ContactCenter@tsa.dhs.gov or toll free phone at 1-866-289-9673. Staff is available from 8 a.m. to 11 p.m. weekdays and 9 a.m. to 8 p.m. weekends/holidays; and an automated service is available 24 hours a day, seven days a week.

- **Passenger Support Specialists** are highly trained TSA officers at airports who have special training in successfully engaging with, and screening, individuals who have disabilities or medical conditions, or who travel with medical devices. Travelers requiring accommodations to the screening process, or who are concerned about the security screening process at the airport may ask for a Passenger Support Specialist or a Supervisory TSA Officer who can provide on-the-spot assistance.

- **TSA’s website** has an entire section devoted to traveling with disabilities, medical conditions and medical devices.
• A helpful interactive Twitter account, @AskTSA, allows individuals to tweet a question about the screening process for medical devices and for medical conditions, from traveling with a temporary condition (e.g., a cast on a broken arm or leg) to traveling through a checkpoint wearing an ostomy pouch beneath one’s clothing. Travelers with questions about the screening process can contact a TSA employee for live assistance 365 days a year via Twitter. Tweet questions and comments to @AskTSA from 8 a.m. to 10 p.m. weekdays and 9 a.m. to 7 p.m. weekends/holidays. Or, the traveler may send the question to TSA via Facebook Messenger.
At the Airport

- When you get to the airport:
  1. Arrive early
  2. Always check your chair or scooter at the boarding gate and request it be brought back to you at the gate when you arrive.
  3. It is suggested that you use gel or foam filled batteries in your scooter or power chair. They are also known as dry cells. (NOTE: Standard acid filled batteries or wet cells will be removed by ground crew and packed in special containers for transport.)
  4. If you use a fold up manual wheelchair you can request that it be stowed in the on board coat closet. (NOTE: There is only room for one wheelchair and the service is available on a first come first serve basis, so you should arrive early to make your request. Plus not all planes have a coat closet).
  5. Make sure your name and address is on your equipment and that it has a gate delivery tag if it is being stowed below.
  6. If you have to change planes request that your own equipment be returned for the layover. This not only assures your independence while in the terminal, it reduces the risk of it getting lost or damaged. Since wheelchair users are last off the plane make sure you allow enough time to make your connection. At least an hour and at big airports at least an hour and a half.
At the Airport

7. DAMAGE CONTROL - Remove seat cushions and any other parts that could easily become separated from the chair. Take these items into the cabin with you. Attach instructions on scooters or power chairs detailing how and where to disconnect the batteries, also instructions for any other disassembly or prep that might be necessary for transport. If you have a large power chair, be aware that on some planes like the MD80's or Super 80's the cargo opening is only 26" high. Therefore some disassembly may be required. You can ask what type of equipment will be used when you make your reservations. Having instructions on your equipment are very important because even if you are available to give the employees instructions, the crew at the other end didn't see how it came apart.

8. If you need assistance transferring to the plane seat, take responsibility for yourself and tell the staff how to help you or pick you up, etc. Yes, they should be trained, but you are always safer not assuming anything.

9. Before landing remind the flight attendant that you will need your equipment brought to the gate so they can radio ahead to make the arrangements. This can help speed things up.

10. If you have any problems or damage ask to speak to the "Complaint Resolution Officer" (CRO). Each air carrier is required to have a CRO available by phone or in person at all times. This person is specially trained in dealing with problems that travelers with disabilities may encounter.
At the Airport

- If you are traveling with a scooter or power chair make sure you arrange for transportation that will be able to accommodate your equipment upon arrival.

- If you only need a scooter or wheelchair for distance you may prefer to rent one at your destination for a day or the entire trip. Also many theme parks and other attractions that require a lot of walking have scooters or wheelchairs available for rent or loan.

- US Air Carriers are not covered under the ADA. The are covered under the Air Carriers Access Act. To learn about your rights under the Air Carriers Access Act these free publications are available.

- A 28-page information booklet that is a wealth of information on the Air Carriers Access Act, what you can expect and what to do if you have a complaint. You can receive a free copy by contacting the Eastern Paralyzed Veterans Association, 75-20 Astoria Boulevard, Jackson Heights, NY 11370-1177. Phone: 718-803-EPVA.

- A 40-page booklet "New Horizons, Information for the Air Traveler with a Disability" is put out by the U.S. Department of Transportation and can be obtained by calling PVA Distribution Center at: 888-860-7244 (Order No. 2100-16)
Flying with a respiratory device

- It is highly recommended that you notify the airlines well ahead of time if you plan to use a respiratory device during the flight. Currently, all disability-related aids — including personal medical oxygen, ventilators, nebulizers, respirators, CPAPs, BiPAPs, Trilogies — are allowed through security checkpoints once they have undergone screening.

- Unlike portable oxygen concentrators, positive air pressure devices like Respironics’ CPAPs, BiPAPs, Trilogies, need not have a special label in order to be carried onboard.

- To be screened, CPAPs/BiPAPs, Trilogies must be taken out of their carrying case, put in a plastic bag (which you must provide) and placed in a bin for X-ray screening. Face masks and tubing can remain in the carrying case.

- Anyone traveling with battery-operated medical equipment should ensure they have sufficient battery power to cover preflight, in-flight and post-flight time — about 50 percent longer than the scheduled flight time.
  
  - Only SOME airplanes have electrical outlets to plug in devices, so be prepared to use BATTERIES on your respiratory device should you need it during flight.
Finding Accessible Transportation

• As a result of the growth of the Internet, finding accessible transportation in a strange and distance city is becoming easier. Even if you don't have a name of a company you can go online, find out who provides airport shuttle or taxi etc. Then it doesn't usually take more then a call or two to find out which companies can provide accessible service.

• Most major cities have at least one company that runs an airport shuttle service between the airport and hotels. The majority of them either can provide accessible service or will provide accessible alternate service. Another way to find out who these companies are and how to reach them is to inquire at a hotel in the area. They may not know if the company provides accessible service but they will know who they are and how to reach them.

• A good resource for finding transportation options that is often overlooked is the Center for Independent Living in that city. Most cities have one and they all have an information and referral person. These organizations are a wealth of information about all types of services for people with disabilities. They often can put you in touch with transportation options that are generally used by local residents, but that can be utilized by visitors.
Accessible Transportation Con’t

- **Paratransit**
  - A door to door accessible service that must be provided by any city in the US that has a public transit system
    - It is available to passengers that are unable due to disability to use the normal public transit system or in many cases it is more broadly available when the regular bus or train system is not yet fully accessible. The hours and advance notice requirements for use varies widely from city to city so make sure to check it out in advance.
    - Some cities require travelers to provide proof of eligibility, while others do not. Even if you don't make use of paratransit at home it might be worthwhile to establish your eligibility to make use of it when you travel.

- **UBER and LYFT**
  - Depending on the city, may have accessible vehicles for hire
  - Check with each company and inquire about the availability of accessible vehicles in the city you are traveling to

- **TAXI’s**
  - Some taxi companies will have accessible vehicles. Check the companies in the city where you are traveling
Renting a wheelchair accessible van

- By the ay, week, month
- Know what type of place you will be driving in!
  - Do you need a smaller vehicle due to parking? Or a larger one for extra equipment?
- Wheelchair Getaways
  - [http://www.wheelchairgetaways.com](http://www.wheelchairgetaways.com)
  - Daily rental $80 to $145 depending on the location
- Accessible Vans of America
Accessible Rail Transportation-Amtrak

- **Boarding and Detraining**
  - Assistance to passengers traveling with wheelchairs in the following situations
  - **High Platforms:** Amtrak will assist you across the gap between the platform and the train by using a bridge plate.
  - **Low-Level Platforms:** Amtrak will provide a level boarding through the use of station-board lifts.
  - **Bi-Level Trains:** Amtrak will provide a wheelchair ramp to help you board the lower level of the train.
- **Remaining in Your Wheelchair or Transferring to a Seat**
  - If you use a common wheelchair, including a battery-operated chair, you may remain in your wheelchair en route. When wheelchair lockdowns are not available, we request that you apply your wheelchair brakes.
  - Many First Class and Business Class cars also have accessible seating. If you choose to transfer to an accessible seat, you may stow your wheelchair nearby.
- **Wheelchair Restrictions**
  - Amtrak trains accommodate most wheelchairs in use today, provided they meet the ADA definition of a "common" wheelchair. Please note:
    - **Dimensions:** The chair should not exceed 30 inches (76 centimeters) wide, 48 inches (122 centimeters) long and 2 inches (5 centimeters) of ground clearance.
    - **Weight:** The weight limit for an occupied wheelchair is 600 pounds (273 kilograms).
    - **Manual and battery powered:** We permit both manually operated and battery powered...
Accommodations

- Determine wheelchair access, to areas such as a swimming pool, public rooms, restaurants, bars, toilets, etc
- Find out if the equipment you may need is available—such as back rests, bathing equipment, hoists, ramps, and special mattresses
- Ask for a ROLL IN SHOWER hotel room
- Determine if shopping and entertainment are accessible.
  - Determine voltage requirements in each country—whether an adapter is necessary, and what the plug configurations are.
Cruising

- Cruising has long been a viable and convenient option for disabled travelers
- Cruise lines making an increased effort to accommodate passengers by closely adhering to the guidelines of the Americans With Disabilities Act, cruising has become the vacation of choice for many travelers with mobility issues
- New ships are being designed with the needs of travelers with disabilities in mind
- Newer ships offer roll-in showers with drop down benches, raised toilet seats, plenty of grab bars, closets with pull-down rods, and wheelchair-level placed desks, sinks, and outlets
- Seek the assistance of a travel professional that is trained or certified to work with travelers who have a disability
W/C accessible bathroom on Celebrity Cruises
Accessible RV’ing

- RVing is the equal opportunity travel option where no one is precluded.
  - Allows folks to bring their accessibility with them
  - Accessibility issues that are often encountered in hotels and restaurants are solved with a comfortable traveling 'home-away-from-home' that can be thoroughly customized or modified.

- Accessible RV’s have wheelchair lift, wide entrances and larger interior aisles to accommodate the wheelchair's girth
- Roll In Showers
- Larger so you can carry more
- equipment/people
Accessible RV’ing Con’t

- Can rent or purchase accessible RV’s

Handicap RV Rentals
http://handicappedrv.com/handicap-rv-rentals/
Health and Safety Information

• Key resource for health information is the Travelers’ Health page of the Centers for Disease Control and Prevention (CDC) website at http://www.cdc.gov/travel

• Discuss with your health care provider the activities you have planned, your general physical condition, any immunizations, and medications—whether prescription or over the counter—that you might need for your trip

• Consider any effects the local topography or climate may have on you. For example, if you are sensitive to altitude or humidity, consult with your health care provider

• Carry a letter from your health care provider, preferably on letterhead, which describes your medical condition, medications, potential complications, and other pertinent medical information. CARRY YOUR LIVING WILL WITH YOU

  – Determine health care availability in the location where you will be traveling. Your doctor, health care provider, insurance company or the local U.S. embassy can provide the names and contact numbers of health care facilities at your destination. Make sure to carry medical alert information, preferably in a place that a health care provider or anyone who assists you will find easily (wallet card, necklace)
Medications

- If you take prescription medication, make sure you have enough to last during your entire trip, including extra medicine in case you are delayed.
- Make sure to ask your pharmacy or physician for the generic equivalent name of your prescriptions in case you need to purchase additional medication abroad.
- Physicians and pharmacists abroad are more likely to be familiar with the generic name (also known as the chemical name) of medications.
  - Pack your medication in your carry-on bag, since checked baggage is occasionally lost. Always carry your prescriptions in their labeled containers, not in a pill pack. Take a copy of your immunizations records along in your hand-carry luggage.
Health and Evacuation Insurance

- Make sure you have adequate and up-to-date health insurance coverage while abroad, including coverage for medical evacuation (not covered by most domestic policies).
- Medical treatment and hospital care abroad can be expensive, and medical evacuation to the United States can cost more than $100,000.
- Check with your health insurance provider to see whether you will be covered overseas, in which countries you will be covered, and under what circumstances.
- Your health insurance provider may also require you to provide notification of your travel before you depart the United States and pre-approval may be necessary for some treatments.
- Ensure that anyone traveling with you also has adequate insurance coverage. Note that U.S. Medicare and Medicaid programs do not provide payment for medical services outside of the United States. You can find the names of some of the companies offering short-term health and emergency assistance policies on the Bureau of Consular Affairs website at:
Emergency Contacts

- A secure way to maintain your contact information is to register at [https://travelregistration.state.gov](https://travelregistration.state.gov)
- This site stores your information securely and enables the government to contact you, your family or friends in an emergency if you fill in their contact information
- By registering, you will help us be able to contact you if there is a family emergency in the United States or if there is a crisis where you are traveling
- Carry a copy of your written itinerary and directions for where you wish to go
- Leave a copy of the itinerary, airline tickets, credit cards, serial numbers of your traveler’s checks, passport and contact details with a trusted family member or friend at home and carry emergency contact information for your family in the United States with you
- For both, include contact information for the nearest U.S. embassy or consulate at your travel destination(s)
  - You can show these to people who might be able to help you should you get lost.
Useful Links

- Medications: http://www.miusa.org/ncde/tipsheets/medications
- Traveling with a Ventilator: http://www.miusa.org/ncde/tipsheets/ventilator
- Disability Organizations Overseas: http://www.miusa.org/ncde/link/onlinedirectories
- Wheelchairs and Assistive Devices: http://www.miusa.org/ncde/tipsheets/powerchairs
- International Health Insurance: http://www.miusa.org/ncde/tipsheets/insurance
- Medications Abroad: http://www.miusa.org/ncde/tipsheets/medications
- Oxygen Abroad: http://www.miusa.org/ncde/tipsheets/oxygen
- Air Travel Service Complaints & People with Disabilities: http://airconsumer.ost.dot.gov/ACAAcomplaint.htm
- Flying with a Disability: http://www.flying-with-disability.org/
- Safe Travel for People with Hidden Disabilities: http://www.tsa.gov/travelers/airtravel/specialneeds/editorial_1374.shtm
- For access information and resources for mature travelers and travelers with special needs: http://www.access-able.com/
- Information about cruising with a disabled: CruiseCritic.com
- Listing of accessible travel specialists: http://www.disabledtravelers.com/
- Resources and tips from disabled travelers: http://www.globalaccessnews.com/
- News, fact sheets and destination access guides: http://www.sath.org/
Resources

- Alisa Brownlee
  - abrownlee@alsa-national.org
  - 215-631-1877

- **Listen** to an interview with Adam Lloyd about traveling with disabilities. Visit his website at [http://www.GimpontheGo.com](http://www.GimpontheGo.com)