

Accessible Adventure: Travel for People with Disabilities | Silverts

Meta description: Find essential tips for traveling with disabilities. Make a game plan for packing essentials, accessible accommodations, and beyond to ensure a smooth journey.

Slug: /traveling-with-disabilities

Target Keywords (primary and secondary):

travel for people with disabilities (MSV 170)

traveling with disabilities (MSV 50)

Content score before optimization:

Content Score: 17 Target: 26

Word Count: 1,187 Target: 1,482

Content score after optimization:

Content Score: 26 Target: 26

Word Count: 1,202 Target: 1,482

adaptive clothes for disabilities - <https://www.silverts.com/shop-by-need/handicap>

adaptive clothing for wheelchair users - <https://www.silverts.com/shop-by-need/wheelchair>

arthritis clothing - <https://www.silverts.com/shop-by-need/arthritis>

disabilities act

accessible travel

wheelchair travel

air travel

travel tips

accessible tourism

wheelchair user

disabled travel

accessible tours

travel insurance

guided tour

accessible destination

assistive device

accessible accommodation

accessible vacation

BODY

Packing and preparing for a trip is often stressful. For people living with disabilities, the additional pre-planning requirements to ensure accessible accommodations and transportation can feel daunting. But with tourism on the rise, it doesn't have to.

So how can you have an accessible adventure? Read on for tips and tricks to practice when readying to travel experience for people with disabilities.

H2: Planning an Accessible Trip: How Do People with Disabilities Travel?

Just as any initial planning stage begins with research, so does planning for an accessible trip — only more of it.

Whether you are choosing a bucket list destination or a location known for its accessible tourism, you will need to do your own research to ensure there are accessible routes and accommodations throughout your stay.

Hotels and destinations may boast about their accessible accommodations. Read reviews online and speak to people within the disability community to get a better understanding of your destination options and insider **travel tips** upon arrival. **You can also ask the accommodation if they know any activities for people with disabilities to book on your trip.**

Once you have decided where you will travel, the pre-trip planning begins. Ensure your travel documents are up-to-date and include necessary information about you or your loved one's health conditions.

Speak with your doctor if you need specific medical documentation for your travels. You may also consider additional medical and travel insurance for people with disabilities. It's always better to plan and not need these things to find yourself in an unfortunate situation.

H2: Transportation Tips

While the Americans with Disabilities Act (ADA) states that travellers must be provided with adequate, accessible information and assistance, travelling with disabilities can still be challenging.

When booking your flight, call the airline and alert them that you will require accessible travel options, such as booking an on-flight wheelchair if the one you use is too large to fit down the airplane aisle. (Remember to double-check dimensions to avoid disappointment later.)

Reserve time for early boarding, which is protected under the ADA. Here's an air travel tip: if possible, book an aisle seat so that you are easier able to move in and out pre- and post-flight.

Research your destination's airport to find out if there is available ADA complementary paratransit service upon arrival.

If you are travelling by bus or train, the same advanced planning is necessary. Call the transportation company in advance to find out about wheelchair-accessible options.

Some people will require more seating space for a disability. You must request this priority seating in advance — it should be with no extra wheelchair travel charge.

H2: Accommodation & Accessibility

Travel for people with disabilities does require more pre-planning. And though preparing for accessible journeys is more time-consuming, the benefits outweigh the costs.

If you are researching your trip online, you may notice the hotel website says "ADA" or "ADA room." This is a good sign, as it ensures there are proper accessible accommodations for people living with disabilities. Remember though, not all places define accessible the same way.

Elements of an accessible hotel room should include:

- Automatic doors
- Wider doorways

- Lower light switches
- Lower work surfaces and countertops
- Roll-in shower with grab bars
- Shower chair
- Toilet seat with comfortable height level

Calling the hotel or rental venue in advance of your stay to discuss their accessible features for people living with disabilities can also provide you with additional information. This will also give you a chance to ask questions you may have, such as what their backup plan is in case there are service interruptions to the elevator during your stay.

First-hand knowledge is also a valuable resource. Read reviews on travel websites and other community posts from other travellers with disabilities. You should also consider the hotel's location in terms of where you will be spending your time and how easy it is to navigate.

Being in close proximity to restaurants, tourist destinations and other important sites can make your adventure that much more accessible.

H2: Packing Essentials Checklist

You never want to be away from home and realize you have forgotten a critical item, such as medication or a travel walker.

Make a list of all your priority items you use on a daily basis. This should include your medications, personal care and health-related items. For daily medications, consider packing an extra few days' worth in case of a change in plans or you accidentally drop or misplace a pill.

Consider the climate you are travelling to and pack accordingly. Choosing easy-to-wear items, such as [adaptive clothing for people with disabilities](#) can reduce the amount of stress and time used in getting ready. Whether you are travelling independently or with a caregiver, bringing comfortable clothing can make a big difference in your mood and ease of travel.

You want to spend your vacation enjoying the sights, not battling your clothes. For people living with lowered hand dexterity, [arthritis clothing](#) is made with adaptive clothing closures to reduce strain when getting dressed.

[Clothing for wheelchair users](#) offers people adaptive clothing features that make toileting and other daily tasks much easier.

You should also pack any adaptive devices or [adaptive equipment](#) you use regularly. This may include a lighter walker that is easier to travel with or a special pair of [adaptive walking shoes](#) that you find most comfortable.

H2: Extra Tips for a Smooth Journey

A little extra planning really goes a long way to having a successful accessible adventure, **especially if you've taken the time to learn how to help someone with a disability.**

Once your trip is booked, begin to prepare for the day-to-day travel life, such as managing health issues and ease of communication.

H3: Managing Health Issues While Traveling

You don't want to be away from home and realize you need a different medication or notice a change in symptoms. Planning a pre-travel visit to your health provider for an updated health assessment before you depart is a great way to assess your current health and update medications as needed.

Your doctor may also provide you with additional tips for managing your health while travelling.

For chronic conditions such as [edema](#) or arthritis, packing proper [adaptive footwear](#) can provide your body with the relief needed to enjoy your trip.

Before you leave on holiday, make note of local hospitals and medical services near your travel destination in case of emergency.

H3: Communication & Staying Connected

Travelling abroad is exhilarating, but language barriers can be frustrating. This becomes even more true if you are a traveller with a language disability, such as vocal decline.

There are numerous translation apps such as Google Translate or Duolingo. You can also install a translation dictionary app on your phone or to your adaptive communication device to assist when travelling.

Including a list of emergency contacts and emergency numbers on your phone is also advised.

H2: Accessible & Safe Travels with Silverts

Accessible tourism is on the rise. With advanced planning and patience, you can plan a wonderful and successful trip when travelling with disabilities.

Enhance your accessible travel experience with [adaptive clothing](#) from Silverts, making everything from accessible transportation to accessible tours all that more enjoyable.