



Travelling Factsheet



This factsheet has been designed for people affected by MND who are able to travel. It aims to assist with trip planning.

Hear from the MND Victoria community on their experiences of navigating travel challenges: www.mnd.org.au/page/164/travelling-with-mnd

Planning your travels

- 1 Talk with your neurologist before planning travels.**
 - Your neurologist can advise you about timing your holiday plans.
 - You will need medical clearance from your neurologist if you plan to fly interstate or overseas (allow time to get an appointment with your neurologist before booking flights).
 - Ask your neurologist for a letter stating your diagnosis, any special requirements and neurologist contact details including phone and email.
 - It may be possible to travel with non-invasive ventilation, however you need to be assessed by your neurologist and the Victorian Respiratory Support Service or similar services in other states.
- 2 You may need a specialised breathing assessment to determine whether you are fit to fly. It is important to allow time for this assessment before you confirm your trip plans.**
- 2 Talk with your MND VIC Advisor/Support Coordinator for practical tips.**
- 3 Talk with your Occupational Therapist and healthcare team for travelling tips.**
 - Speak with your dietitian about nutritional supplements or PEG feeds if you require them, and how you can access these at your holiday destination.



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General tips:



Booking flights

Contact your Airline about Assisted Flying and let the airline know if you are taking any equipment:

- **Assisted Flying** is a service available to meet your specific needs, including meet and assist services, transit and transfer options, assistance inflight, as well as support during boarding and disembarking.
- **Melbourne Airport:** www.melbourneairport.com.au/accessible-access
- **Contact your airline for inflight support and information about travelling with a carer**
 - **Qantas:** www.qantas.com/au/en/travel-info/specific-needs.html
If you require assistance when flying, Qantas outlines circumstances and requirements for when a carer may be required:
www.qantas.com/au/en/travel-info/specific-needs/travelling-with-specific-needs/travelling-with-a-carer.html
 - **Virgin Australia:** www.virginaustralia.com/au/en/travel-info/specific-travel/specific-needs-assistance
 - **Jetstar:** www.jetstar.com/au/en/help/articles/specific-assistance
- **Hidden Accessibility Program:** provides travellers who require additional assistance with support and resources they may need for a pleasant travelling experience. To assist staff to identify those who may need additional assistance, a sunflower lanyard will be worn by travellers who voluntarily request one. www.melbourneairport.com.au/hidden-accessibility-program
- **MND association UK Resource:** Air Travel and Ventilation www.mndassociation.org/sites/default/files/2022-11/8D%20Air%20travel%20and%20ventilation.pdf



TIPS

Consider Air Tags (or similar tracking devices) for your luggage and equipment. These Bluetooth tracking devices can track any item they're attached to. They can be handy for locating your luggage or equipment.



Travel Insurance

It can be difficult to access travel insurance when you have an MND diagnosis. Talk with your MND Advisor/Support Coordinator about travel insurance.

Find out more at: www.chronicillness.org.au/workwelfarewills/travel-insurance/what-am-i-covered-for-and-not-covered-for



Reciprocal healthcare agreements

There are 11 countries with reciprocal healthcare agreements with Australia:

- | | |
|-------------------|---------------------------|
| • Belgium | • Norway |
| • Finland | • The Republic of Ireland |
| • Italy | • Slovenia |
| • Malta | • Sweden |
| • The Netherlands | • The United Kingdom. |
| • New Zealand | |

Find out about what healthcare is covered in each of these participating countries here: www.servicesaustralia.gov.au/reciprocal-health-care-agreements



Creating an Emergency Plan

Carers Gateway has resources you can download to create an emergency plan, and cards you can take with you while travelling: www.carergateway.gov.au/planning

Phone: 1800 422 737



TIPS

Think about where you will access medical support should you need it while you are away.



Booking accommodation

Search Accessible Accommodation websites, call or email to check the accommodation suits your needs.

- www.accessibleaccommodation.com for accommodation in Australia
- www.booking.com allows you to filter your accessibility needs for both property and room.
- www.winningholidays.com.au/holiday/accessible-accommodation
- www.disabledholidays.com/about/travelling-with-MND

Note that some lifts in older European hotels are very small –you may want to email the hotel to check the size of the lift if you are using a wheelchair.



TIPS

Contact the MND Association in your country of travel to get advice about finding accessible accommodation.

Find **MND associations** around the world: www.als-mnd.org/find-als-mnd-association



Packing

- Carry a letter from your doctor listing all medications.
- Carry medications in original packaging.
- Take your thickener with you if you require it.
- Include your emergency plan if you have made one.
- If using a hoist, remember to take your sling/s.
- Most people take their own wheelchair/scooter.
- Talk with an Occupational Therapist – sometimes there may be options to hire lighter equipment for travel.



TIPS

Consider taking essential items in your carry-on luggage in case your checked-in luggage gets lost!



Getting around

- Look for accessible transport options.
- Research transport websites when choosing your route, using search terms like 'accessibility' and 'help'.
- **European (EU) Parking card:** European countries have a 'disability parking card' which should be recognised in all (EU) countries, contact the relevant authority in the country you are travelling to for further information.
- **Use Google Street View:** www.google.com/maps to help check access to your location.



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Toilets

Accessible Toilet Keys in Europe and UK:

- **Euro Key (European Key):** contact the relevant authority (government) in the country of travel to access a Euro Key.
- **UK Radar Key:** <https://shop.disabilityrightsuk.org/products/radar-key> or contact the local council in the area you are travelling to for more information.



Resources and guidance for travelling with a wheelchair

- Search (Google) '**wheelchair travel**' for information from travel companies and wheelchair users about travelling with a wheelchair.
- Alternatively, the following website is available to paid subscribers: <https://wheelchairtravel.org/melbourne>



International MND Association website

Find ALS/MND associations around the world: www.als-mnd.org/find-als-mnd-association



Other resources

Travel guide companies like Lonely Planet periodically publish accessible travel guides and information that can be downloaded from their websites.

If you are planning local travels, please visit www.mnd.org.au/ to find a Community Access Factsheet that includes information about access to national parks and beaches, as well as finding public toilets in Australia.

MND VICTORIA CONTACT INFORMATION:

Email: info@mnd.org.au
Phone: 9830 2122
Freecall: 1800806632

Find more information and resources at:
www.mnd.org.au and
www.mndaustralia.org.au/mnd-connect