

## **What are the risks of traveling with a walker or cane?**

You can lower your risk of experiencing the symptoms below by using the following precautions when you go out:

- **Risk:** dehydration, the body loses too much water and other fluids that it needs to work normally
- **Precautions you can take to avoid dehydration:**
  - Increase water intake
  - Decrease caffeine and alcohol
- **Risk:** Skin breakdown can happen when blood flow to the skin is limited or cut off all together – this can easily happen while traveling due to prolonged sitting
- **Precautions you can take to avoid skin breakdown:**
  - Pressure relief should be completed if seated for an hour or more examples of pressure relief include: ankle pumps, leg extensions or chair pushups
  - Use a personal cushion when sitting on hard surfaces
  - Plan bowel/bladder care ahead of time
  - Direct care transfers or travel with familiar aid to avoid unsafe transfers that may lead to the skin tearing
  - Wear compression stockings

- **Risk:** Blood clots, commonly caused by decreased movement and dehydration
- **Precautions you can take to avoid blood clots:**
  - Stay hydrated
  - Move every 1-2 hours
  - Do frequent pressure relief
  - Make sure to take prescribed medications

### **What should I pack when traveling?**

- Extra medications (in case of a delayed return)
- All necessary equipment for mobility and bathroom use
- Printed trip itinerary
- Doctor contact information

### **What precautions should I take when traveling by plane?**

- Call ahead to notify the airport of assistance required (airport wheelchair)
- Book your flight with time to complete your activities of daily living and plenty of time in between your layovers
- Pack all medications in a carry-on bag (and pack extra)

### **What precautions should I take when traveling by car?**

- Plan to stop every 1-2 hours to get out of the car and move
- Plan out your rest stops before you leave

## **What precautions should I take when traveling by train?**

- Make your reservation as far in advance as possible
- Call an agent to reserve accessible rooms
- You must transfer into a standard seat if you use a collapsible wheelchair
- Use the 15% discount available for companions traveling with a person who needs assistance

## **What precautions should I take when traveling by cruise ship?**

- Consider booking through a travel agent who specializes in accessible travel
- “Special Needs at Sea” is a rental company that provides hospital beds, portable oxygen, mobility aides such as scooters, bathing equipment, and much more delivered directly to your cruise ship

## **How can I access the beach?**

Most public beaches have beach wheelchairs present at their welcome kiosk or lifeguard station, call ahead to reserve if possible

- Ask about Mobi-Mats for even easier beach access when walking with a walker, cane, or using a standard wheelchair

## Where can I learn more?

### Websites and resources

#### Plane

- Detroit Metro Airport- Complaint Resolution Official (CRO) for assisting passengers with disabilities:
  - Phone (734) 921-9300
  - Website: <https://tinyurl.com/y89msy4o>
- TSA Notification Card: <https://tinyurl.com/lv6srs2>
- TSA Cares: 1(855) 787-2227

#### Train

- Amtrak Accessible Travel Services:  
<https://www.amtrak.com/accessible-travel-services>

#### Car

Download the “USA Rest Stops App” from the Google Play Store (Android, Google, Samsung etc. phones) or Apple App Store (Apple phones)

#### Cruise ships

- Special Needs at Sea “Cruise Accessibility”:  
<https://tinyurl.com/y8srwjvf>

#### Bus/Car/Taxi Companies that offer accessibility options:

- Megabus: <https://tinyurl.com/y956o8gs>
- Greyhound: <https://tinyurl.com/ybtp9fu9>

- Enterprise: <https://tinyurl.com/yb6b25k9>
- Hertz: <https://tinyurl.com/ya9de4we>
- Wheelchair Getaways Accessible Van Rentals:  
<http://www.wheelchairgetaways.com>
- Uber – look for UberWAV:  
<https://www.uber.com/us/en/ride/uberwav/>
- Lyft – with “Access mode” turned on, instructions here:  
<https://tinyurl.com/y7zxmszu>
- SuperShuttle: <https://tinyurl.com/yboewuxh>
- Wheelchair Accessible Taxicab-State Listings and Travel Links:  
<https://tinyurl.com/y83hcdet>

## **Camping**

Michigan Department of Natural Resources Accessible Recreation Opportunities:

<https://tinyurl.com/yd6vcd9c>

## **Travel Agents**

- Accessible Journeys: [www.disabilitytravel.com](http://www.disabilitytravel.com)
- American Society of Travel Advisors: [www.asta.org](http://www.asta.org)
- Society for Accessible Travel & Hospitality (SATH): [www.sath.org](http://www.sath.org)

## **Dialysis**

Davita Kidney Care, Travel Support: <https://tinyurl.com/ybkpa8mw>

## **Blogs/websites:**

- Wheelchair Travel: [www.wheelchairtravel.org](http://www.wheelchairtravel.org)
- Disabled World: [www.disabled-world.com/travel](http://www.disabled-world.com/travel)
- Wheel Chair Traveling: [www.wheelchairtraveling.com](http://www.wheelchairtraveling.com)

## **Durable Medical Equipment**

- Special Needs at Sea: [www.specialneedsatsea.com](http://www.specialneedsatsea.com)
- Scootaround Personal Transportation Solutions:  
[www.scootaround.com](http://www.scootaround.com)

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