

MS Travel and Leisure

Tools, Tips, and Adaptations

CAN DO
MULTIPLE SCLEROSIS

WEBINAR 
WEDNESDAYS

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UPCOMING PROGRAMS

Thursday, June 20

JUMPSTART

Explore Your World: Adaptive Living and Travel with MS

Wednesday, June 26

MS MOVES MEETUP

Thursday, June 27

BLACK COMMUNITY MEETUP

Depression and Grief

Wednesday, July 10

WEBINAR

*MS Incontinence:
Regaining Control*



CANDO-MS.ORG

MS COMMUNITY PROGRAMS



REGISTER TODAY!

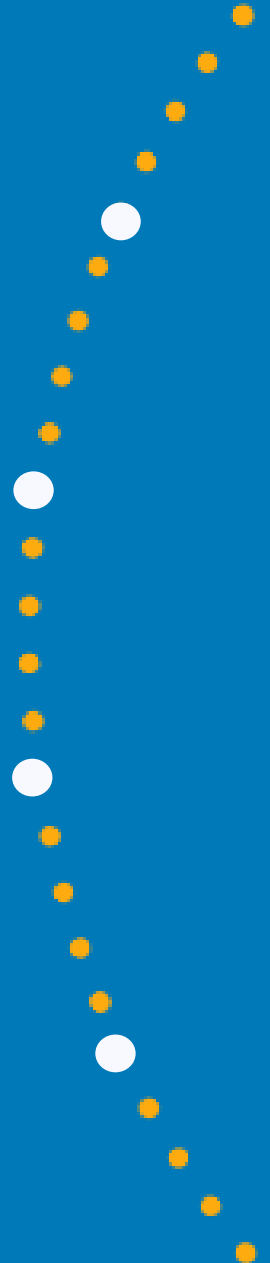
CanDo-MS.org/CP
More Dates & Locations

CLEVELAND, OH
SEPTEMBER 14

NEW ORLEANS, LA
SEPTEMBER 28

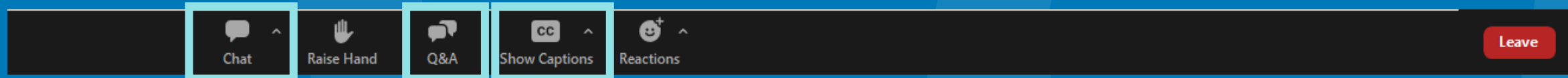
TROY, MI
OCTOBER 5

AUSTIN, TX
NOVEMBER 16



How to Ask Questions During the Webinar

Type in your questions using the Questions Box



Provide comments and engage with the speakers and audience using the **Chat Box**



NEW! Closed captioning



YOUR SPEAKERS



Brittany Quiroz

MS Motivational Speaker

California



Stephanie Nolan

Occupational Therapist

Colorado



Candy Harrington

Author, Editor & Journalist

Washington

LEARNING OBJECTIVES



1

Benefits of travel

2

Tools and strategies for planning to get away

3

Managing MS on the go



POLLING QUESTION

How confident do you feel about traveling with MS?

- a) *My bags are packed!*
- b) *I want to get away, but I have questions...*
- c) *There are too many barriers to overcome.*



POLLING QUESTION

What kind of traveler are you?

- a) I like to travel in my own state
- b) I like to travel in my country
- c) I like to travel the world!

Benefits of Travel

- Quality of life
- Mental Health
- Learning about new cultures
- Community and family involvement
- Confidence and trust in yourself
- Work/Life balance
- FUN!



“Packing”- The Ultimate Travel Mess



Make a list far in advance of everything you need to take while traveling and categorize your list:

- Medications
- Personal hygiene
- Clothes
- Entertainment & Snacks
- Electronics
- Others?

Take your time packing. I spend 2 weeks sometimes packing for a trip.

“Packing”- The Ultimate Travel Mess



Condense vital items to “mini” versions if possible- mini toiletries travel great!

Think the “**lighter the better**”- instead of packing a heavy pill organizer for medications, opt for individual sealable medication baggies that can be labeled per day.

Packing Anxiety is Common-

- Simplify by opting for clothing that can make **multiple outfits**
- Lean towards options that you are most **comfortable** in

How do I know what I will need?



RESEARCH Your Destination

- Is there a lot of walking?
- What is the climate?
- Is the location handicap accessible?
- Google Map the area to pre-familiarize yourself with where you're going

COMMUNICATE With Your Destination

- Ask for accommodations
- Confirm booking details
- Ask for baggage assistance
- Ask for airport assistance if needed
- Know the CRO

Know Your Rights

LAWS

- **ADA**
<https://www.access-board.gov/>
- **ACAA**
<https://www.ecfr.gov/current/title-14/chapter-II/subchapter-D/part-382>
- **Disabled Air Travelers Bill of Rights**
<https://emerginghorizons.com/the-disabled-air-travelers-bill-of-rights/>

TSA

- **TSA Security Guidelines**
<https://www.tsa.gov/travel/tsa-cares/disabilities-and-medical-conditions>
- **TSA Cares**
<https://www.tsa.gov/contact-center/form/cares>
(855) 787-2227
- **TSA Pre Check**
<https://www.tsa.gov/precheck>

File a Complaint

- **ADA**
<https://www.ada.gov/file-a-complaint/>
- **ACCA**
<https://secure.dot.gov/air-travel-complaint>

Accessible Hotel Rooms Come In All Shapes and Sizes



What if you need a mobility aid?

- Opt for **convertible** mobility aids (Rollator that converts into transport chair)
- Opt for **foldable** walking stick that can easily be stored in a bag
- **Communicate** mobility aids being taken ahead of time with airline/train/bus service. Bring a **cover** bag for applicable mobility aid to keep them protected while being stowed.
- Ask for medical equipment **accommodations**
- Request an **airport wheelchair**



Managing MS While Traveling



Beat the Heat

- Consider seasons or places to visit depending on weather
- Choose clothing that works with the climate you are going to
- Choose breathable and wicking clothing
- Bring cooling tools- vests, neck wraps, small personal fans, small emergency ice packs
- Stay hydrated and add ice to drinks to help drop core temperatures
- Consider cold meals while on the go, like sandwiches, salads, smoothies, & fruit

Managing MS While Traveling



Fatigue

MS gives you a dollar a day; How much do you budget for the fun stuff?

- Use assistance that is offered to save some pennies
- Bring or rent equipment that can make your trip easier
- Communicate with those traveling with you
- Be aware of your fatigue
- Stay organized
- Plan your days accordingly

Managing MS While Traveling

Bowel and Bladder

- Spot the Pot!
- Pack incontinence supplies for long drives, plane rides, or when bathroom access might be limited
- Bring extra catheterizing supplies – smaller size catheters are available
- Call ahead to establishments to reserve seating nearest to a bathroom
- Try to stay as close to your normal diet as possible
- Travel with gut supporting supplements to help you stay regular, but don't overdo it. Let's avoid a code brown situation!

If an accident happens give yourself grace and laugh it off! ***“You’re not cool unless you pee your pants!”*** – Billy Madison



Managing MS While Traveling

Traveling with Medications

- Managing medications through different time zones
- Travel insurance?
- Medical information document to keep on hand (neurologist name and number, current medication, comorbidities such as seizures or diabetes, Emergency contact information)
- Put the emergency contact and medical information in your phone!
- Connect with MS groups in that area to ask for recommendations.



National Park Tips and Resources

<https://emerginghorizons.com/tips-for-exploring-a-national-park-in-a-wheelchair/#menu>



Glacier Rail Trip

<https://emerginghorizons.com/wheelchair-accessible-glacier-national-park-without-a-car/>



Road Trip Resources

Mobility Roadside Assistance

<https://www.mobilityroadsideassistance.com/>

The National Mobility Equipment Dealers Association

<https://nmeda.org/>



Key Take Aways

- There are many benefits to travel!
- Planning is key. By planning early, you can get more information about your options and ensure that your destination has enough time to provide the services you need.
- No matter how far you want to go, there is a travel option that is right for you.
- Be prepared for obstacles– We can't predict what life will throw at us, but we can have a proactive mindset to be resilient.

Q+A



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