

# FINDING YOUR WINGS!



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## Abstract:

Traveling after a brain injury can be intimidating, especially when traveling by airplane. Planning ahead and using available resources is necessary for a successful trip. Considerations include: accessibility of facilities and aircrafts, communication with travel personnel, management of medical and personal needs, use of stress reduction strategies and involvement of a caregiver for support. By addressing these areas, travel can be less of a hassle and more of a vacation!

## Physical Considerations

- Check aircraft accessibility – aisle width, size of bathroom, seat size and capabilities.
- Consider business or first class for extra room.
- Consider renting a wheelchair instead of taking your own.
- Ensure your equipment can be stowed safely.
- Research airport accessibility.

## Communication and Cognitive Considerations

- Bring a communication card with personal info.
- Inquire about escorts for navigating the airport.
- Know personal coping techniques for high-stimulation environment.
- Use a checklist for packing and your itinerary.
- Keep all important documents together.

## Self-Care and Medical Needs

- Obtain medical clearance from doctor to fly.
- Inquire about clearance/security for meds, tube feedings, needles and other medical supplies.
- Obtain letter of necessity for medications from doctor.
- Contact airline regarding oxygen needs.
- Carry-on all meds in their original containers and in a plastic bag.
- Think about accessibility for charging medical devices or equipment.

## Caregiver Support

- Keep copies of important documents and papers (e.g., POA, ID, insurance card, medical clearances, emergency contacts).
- Consider personal needs for all travelers (e.g., restroom use, supervision needs).
- Consider traveling with more than one caregiver if necessary.

## General Planning

- Determine ground transportation to/from airport.
- Consider length of time for layover (rest, bathroom use, navigating airport).
- Research opportunity for TSA pre-check/pre-boarding.
- Consider extra meds and supplies in event of unexpected travel changes.
- Research local pharmacies and med suppliers at destination site.