



WHAT AM I USED TO HAVING?

MY NOTES

- Carers and personal assistants
- Service animals
- Medication
- Assistive technology
- Equipment
- Delivery services
- Online support
- Alert devices
- Academic accommodations
- Parts of your daily routine that support you
- Special dietary foods
- Anything else?



Remember to assemble your Empowerment Team!
Use your notes to discuss your needs with advisors.

ACCESSIBILITY INTEL

IMPORTANT QUESTIONS

MY NOTES

How universal is accessibility in your host country?

What can disabled travelers expect there?

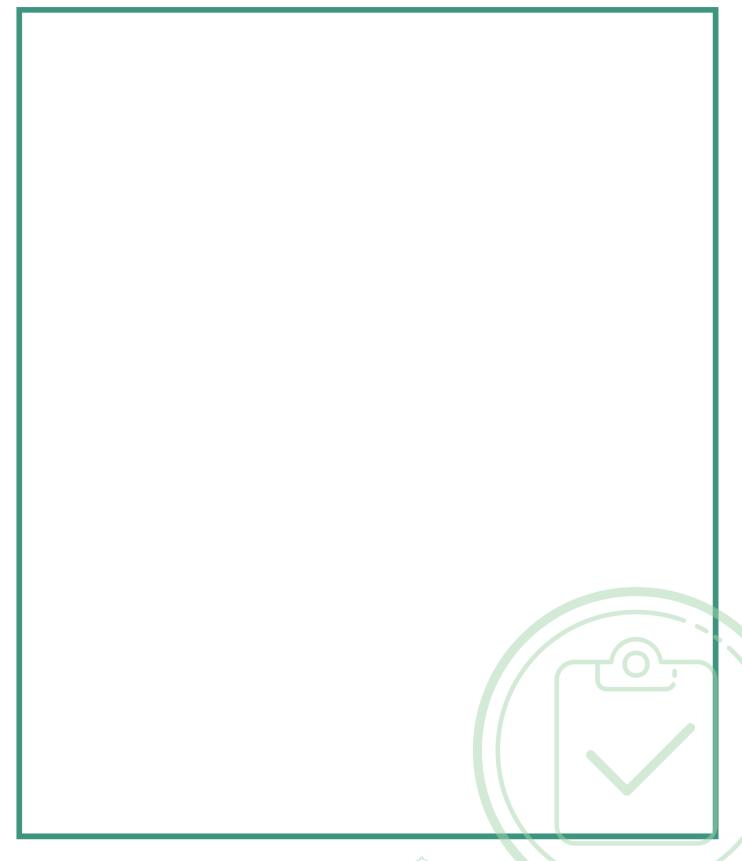
What other challenges may I need to be aware of?



SPECIAL PERMISSIONS

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DOCUMENTATION I MAY NEED





CULTURE AND ACCOMMODATION

IMPORTANT QUESTIONS

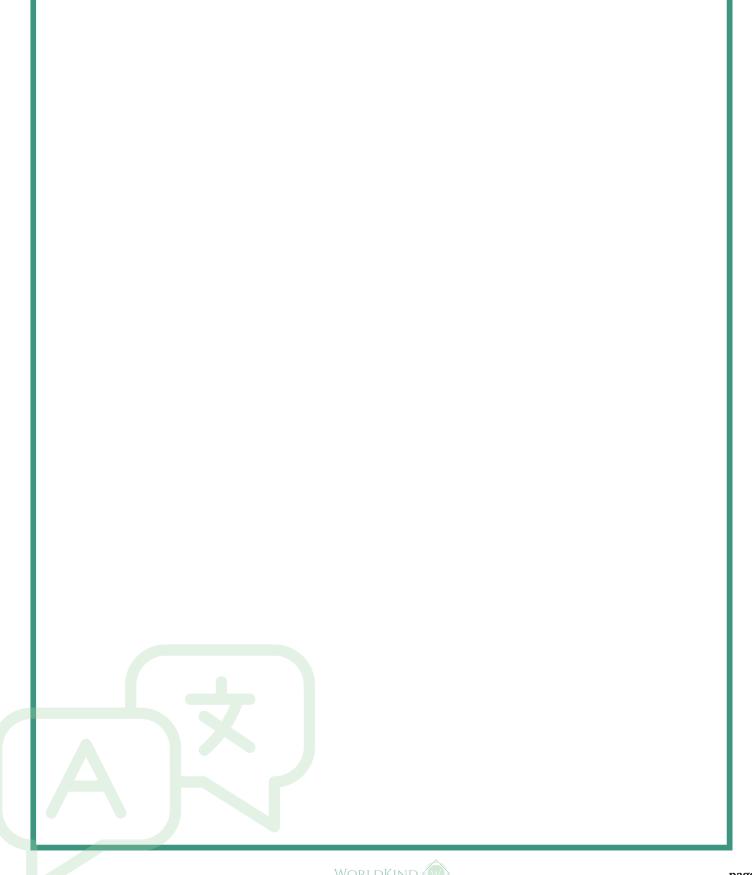
MY NOTES

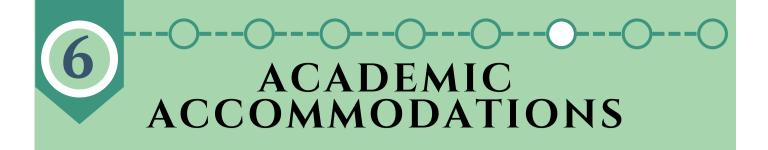
What cultural norms specific to my host country might require extra adaptation to my routines?

How might people there respond to my disability?

What words or phrases do I need to know to communicate my needs? (more space on next page)

KEY VOCABULARY





Contacts

ACCESS TO CLASS

MATERIALS

IN CLASS

EXAMS & TESTS



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Adv	ance Planning	Needs on Board
	Get contacts for airline/airport special assistance	Help to the bathroom (flight attendants cannot help IN the bathroom)
	Check requirements for service animal	Aisle wheelchair for boarding/flight - 48hrs notice almost always required
	Register needs with airline	Special meal for dietary requirements
	Pre-book wheelchair hold transportation and check battery limits	Notify airline of allergies (animal, nuts, etc.) in advance
	Register any equipment/oxygen needs	
	Prepare documentation for security and customs	Onward Transport Options
	Request window/aisle/bulkhead seat if needed	Arrange meet & greet for transfer
	Arrange companion travel if needed	Pre-book accessible taxi
	Prepare assistive tech for navigating the airport and for sensory needs onboard the aircraft	Check access to public transport Check access onto bus/train
Airp	ort Accommodations	Pre-book assistance
	Require own wheelchair to the gate, then checked	Notes
	Wheelchair for long distance through the airport	1 Totes
	Priority at security and boarding	
	Lift to aircraft door (no stairs)	
	Assistance moving between door and seat	
	Request quiet waiting area	
	Assistance for transferring between flights	

Service dog toileting/food/water needs



ACCOMMODATION DOSSIER

Category	Possible Requirements
1 Physical Access	Access to building/reception
	Hearing loop at reception
	Service animals permitted
	Hand rails for stairs
	Elevator (or level access); tactile buttons
	Door width (external doors)
	Door width (elevator doors)
	Corridor width and floor surface
2 Bedroom	Door width (room doors)
	Bed height
	Space around furniture
	Floor surface
	Clothes hanging/storage height
	Peephole height
3 Bathroom	Toilet requirements
	Space around toilet
	Fixed or adjustable bars
	Bath or shower requirements
	Lever taps
	Sink height
4 Amenities	Lighting and temp control height
	In-room alarm cord
	Fridge for medication/special food
	Equipment charging when lights off
5 Sensory	Allergies and dietary needs
	Lighting
	Fridge for medication/special food
	Equipment charging when lights off
	Visual alarm/accessible phone
	Quiet room/outlook