

# TRAVEL



Multiple Sclerosis Society  
of SA & NT

Travel is good for the soul. It can improve your outlook on life, broaden your horizons and get you away from daily routines, leaving you refreshed and renewed to face challenges. Trips away can give you space away from your ongoing issues with MS.

Travelling without stress requires some planning and understanding of any limitations and the trip of your dreams can be in your grasp. Nearly everyone needs to travel at some stage – whether it's a holiday or for work or to see family and friends.

Having MS does not mean that you have to abandon your dreams and goals. Many can still be achieved – it might take more time and a little more planning. Having MS could enable you to bring forward your plans to travel in retirement and travel much earlier.

## Deciding to travel

As with many other aspects of life, MS can impact on how you travel and whether you travel. Travelling with MS can be as easy as packing your medication or as

complex as travelling with a carer.

Good planning is the key to enjoyable travel – decisions about destinations might need to take your symptoms into account – in particular if you are affected by heat related fatigue then travel in hot tropical destinations is not always wise. If this is the case plan your travel in the cooler part of the year.

Seek advice from fellow travellers on travelling with MS – the reference section lists a suggested site, but there are many more.

The Nican database has information on recreation, tourism, sport and the arts for people with disabilities and DIRCSA also has a directory of resources that includes travel. In addition there are a number of travel agents that specialise in accessible holidays and travel.

For leisure travel investigate travel insurance options – there are companies that will provide reasonably priced travel insurance

for people with MS.

Travelsecure, the Australian Government's website provides both domestic and international travel guidelines for people travelling with a medical condition.

### **Cruising**

Cruising is a good option for a holiday and due to its popularity there is plenty of choice. It is a less stressful form of travel with little unpacking, few airports and relaxing activities such as spas, massages, pools and leisure activities readily available.

### **Air travel**

With ample time for advance booking and advice to airline companies of any special needs for access you can reduce much of the stress that can come from airline travel. Airlines are happy to assist with wheelchair access if mobility needs make that easiest, and will provide aisle seats if this is best. Check the airline's website for details of seating plans and special needs.

For security as well as personal comfort pack your medication in your hand luggage and ensure that you have sufficient to last for the trip duration and a few days

extra in case of any unplanned delays. A copy of your doctor's script can assist in the event of any problems at security points. Always check the requirements of the airline, the airport and the country to which you are travelling.

### **Car/bus/train travel**

Most of the world's cities have at least some degree of accessible transportation. Use the internet or a travel agent to check on the levels of service available in your destination. Travel guides like 'The Lonely Planet' has chapters on travel for people with disabilities.

### **Accommodation**

There are few accommodation options that do not cater for people with a disability. Online booking sites make it easy to check on facilities.

### **Comfort stops**

In an unfamiliar place it can be useful to know the location of nearby toilets. If this is important to you, then utilise a unique Australian Government run website that list all public toilets. The maps can be freely downloaded to your internet

enabled mobile phone, or  
download the free app to your  
iPhone. For overseas destinations  
try a site like  
<http://safe2pee.org/new/>.

**If you are interested in more information:**

The Society has more information sheets included in the Healthy Living Series as well as a Managing MS and Symptoms series. Please see the website for more details.

**References**

**Multiple Sclerosis International Federation (MSIF)**

MS In Focus Issue 5 2005 Healthy Living

[http://www.msif.org/en/resources/msif\\_resources/msif\\_publications/ms\\_in\\_focus/issue\\_5\\_healthy\\_living/index.html](http://www.msif.org/en/resources/msif_resources/msif_publications/ms_in_focus/issue_5_healthy_living/index.html)

**Active MS Users**

Tips for travel <http://www.activemusers.org/tipstricks/travelingwithms.html>

**Dept of Infrastructure and Transport**

Travel Secure <http://travelsecure.infrastructure.gov.au/>

**Disability Information and Resource Centre SA (DIRCSA)**

a store of information on travel and transport <http://www.dircsa.org.au/>

**NICAN**

[http://www.nican.com.au/services/find?vid\[\]=5](http://www.nican.com.au/services/find?vid[]=5).

**MS Gateway**

Getting the most from holidays <http://www.ms-gateway.com/day-by-day/holidays-amp-travel-37.htm>

**Dept of Health and Ageing**

National Public Toilet Map <http://www.toiletmap.gov.au/>

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MS House, 110 Reservoir Road, MODBURY SA 5092

Phone 8396 0044

Fax: (08) 83 96 0184

Toll Free: 1800 812 311

Email [ms@ms.asn.au](mailto:ms@ms.asn.au)

Website [www.ms.asn.au](http://www.ms.asn.au)