

GROUND TRAVEL AND HOTELS

- When booking a hotel online, request an ADA room but then CALL the hotel directly to confirm.
- When calling you must be specific to the type of accessibility. Many hotels have hearing and mobility accessible rooms. The accessible rooms can be a tub or a roll-in. It is imperative to be very specific
- Asking staff to actually go to the room can be helpful. Explain that you have had issues previously with rooms that did not accommodate your needs
- Once you have identified a room that will be suitable, ask staff to “block” you into that room.
- Keep a list of which hotel and room number meets your needs so you can request that for future repeat visits to places you return to, such as clinic visits, conferences, etc.
- Bathroom should have a roll-in shower. If you are still able to pivot transfer, a tub may also work for you if the tub has a built in seat.
- Ask if the shower chair/bench is attached to a wall, adjustable height? If not, ask about what they provide. There are portable/packable chairs you may want to bring
- Bathroom should have a 5-foot turning radius for power chairs
- Bathroom sink should have cut-out for wheelchair access
- Ask bed height and if box spring is removable if needed
- Is there access under the bed for portable hooyer lift?
- Be prepared for an emergency to transport without your chair. A perfect lift can be used with 2 people to move you safely.
- Ask for extra pillows so that you can prop up head and feet using pillows under the mattress
- Bring an extension cord for devices like bipap in case the socket is too far.
- You may want to consider bringing a portable squatty potty that folds up into a bag for easier toileting and a portable travel bidet

EQUIPMENT RENTALS

- Call the hotel you are staying at to verify their procedure for equipment rental delivery and pickup.
- Find local medical supply stores and look for a website or phone number.
- Verify if the medical supply store provides rentals, either by phone or by internet.
- Call to identify what equipment that can be rented from the provider (some providers will not rent shower equipment).
- Ask the provider if they would be able to rent equipment for a short local hotel stay and what their procedure would be.