

# Traveling with Children with Health Complexities

with Micheala Bray, Karyn Thompson, Carrie Cassidy, Josh McCulloch and facilitator Tessa Diaczun

## Thursday, June 9

## 1:00-2:00pm



Partnership of FSI and BCCH Complex Care program



With funding from Sick Kids Community Conference Grant

**Summary of:** Travelling with Children with Health Complexities webinar which was held on Thursday, June 9, 2022 at 1:00 pm (PST).

An introduction and webinar overview was provided by Tessa (BCCH Complex Care). The speakers for this webinar by speaking order were

- Parents: Carrie, Josh, Karyn
- Make a Wish: Michaela

### Carrie

- Wearing ear plugs
- Taking advantage of the pre-boarding experience to get settled in
- Select the right place to relax and unwind. Having amenities such as a buffet makes it easier to send kids to eat.
- Try to practice the trip, for example if going to Disneyland practice locally at Playland
- Stick to a schedule

### Josh

- Adjust plans and expectations to meet the family's need
- Trying different ways of travel, for example going from flying to RVing

- RVing has really worked well for Josh’s family, allowing them to see places they would not have been able to by plane

### **Karyn**

- Make lists
- Do research on the destination
- Ask for passes/accommodations
- Discuss with medical team, a medical letter has made travel easier
- Giving a quick kit to people sitting close to you on the plane
- Be creative to balance happiness and safety

### **Michaela**

- Plan ahead of time, give yourself time to plan
- Get in contact with the airline, for example coordinating oxygen to travel
- Feel free to contact TSA cares
- Having a letter from the doctor for medications
- Put medications in the carry on bag, in case checked bags become lost
- Access travel agents
- Some potential travel destinations: Disneyland, Mexico and cruises
- Double check travel insurance services

### **General tips shared from all the panelists:**

- Travel insurance for international trips, this includes travelling to the United States
- Sometimes, it might be worthwhile to pay for an extra luggage
- Take advantage of everyone’s luggage allowance
- Bring extra supplies
- [myBookletBC](#) can be a great resource, to make different care plans to share with people

Penny (FSI BC) thanked everyone for attending the session and the session was concluded.

### **Resources that were discussed in this webinar:**

- Booking accessible travel: contact David from Flight Centre:
  - <http://www.flightcentreindependent.ca/DavidLyons-Black>
- Supports for cruise passengers:
  - <https://www.rentittoday.com/rental-stores/Special-Needs-At-Sea-Vancouver-3909>
  - <https://autismontheseas.com/>
- Airbnb wheelchair accessible accommodation:
  - <https://www.airbnb.ca/accessibility>
- Info and travel resource for travelling in BC:
  - <https://www.hellobc.com/accessibility/#:~:text=View%20More-Transportation,main%20gateway%20to%20British%20Columbia.>

- <https://sunshinecoastcanada.com/plan-your-trip/accessibility/https://www.tourismkelowna.com/plan/accessible-kelowna/>
- Municipalities that have adapted adventures:
  - <https://www.totabc.org/accessibility>
  - <https://bcmos.org/>
  - <https://adaptiveadventures.ca/>
- Social media pages:
  - <https://www.facebook.com/groups/AccessibleTravelClub/>
  - <https://curbfreewithcorylee.com/>
  - RV specific travel Instagram page: @joshmccullochbc

Summary by Nilanga Aki Bandara (UBC med student) and Esther Lee (BCCH Complex Care)