



## **Planning the Physical Part of Trips; How Did It Go?**

### **Quick recap**

The group discussed travel experiences and resources shared by Nikita in an April session. Members shared their personal travel experiences, focusing on accessibility needs and accommodations, while also discussing challenges faced by stroke survivors when traveling.

### **Summary**

#### **Travel Experiences and Resources Discussion**

The meeting focused on travel experiences and resources shared in a previous session led by Nikita in April. Participants discussed their travel experiences, with Kellee sharing her positive experience using Amtrak for accessibility needs in Western Maryland.

#### **Travel Accessibility Experiences and Challenges**

The group discussed travel experiences, focusing on accessibility and accommodations. Layli and Roo shared their positive experiences with airport and hotel wheelchair services, while highlighting some issues such as bathroom safety concerns at the hotel. They also discussed challenges with packing and navigating airports and airplanes. Nikita shared her recent travel experience in Orlando, noting that she chose not to use special accommodations despite having access to them. The conversation touched on the importance of inclusive design in hotels and airports, with participants expressing frustration over the lack of basic safety features like emergency cords in hotel bathrooms.

#### **Post-Stroke Travel Experiences and Strategies**



The group discussed travel experiences and challenges after strokes. Nikita shared her recent fall at Disney and previous falls, while Michelle described her post-stroke travel concerns and fears of venturing far from home. Lisa and Rita discussed their experiences with travel and work after strokes, with Lisa noting that time helped reduce her fears and Rita sharing strategies for preventing falls in hotels. The conversation provided support and encouragement for those recovering from strokes to gradually resume travel and activities.

### **Traveling with Disabilities: Insights and Tips**

Rita, a retired flight attendant, shared her experience with airline accommodations for travelers with disabilities, explaining that assistance can be requested during booking or at the check-in counter. The group discussed various mobility aids and strategies for managing travel-related discomfort, including the use of folding canes and compression socks.

### **Travel Experiences and Lifestyle Insights**

The group discussed travel experiences, with Kellee sharing her preference for first-class flights to avoid noise and crowds, noting she once upgraded for \$50 more to secure a first-class seat. Nikita advised taking advantage of VIP status and assistance offered to travelers.