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Motoring

Driving with Motor Neurone Disease is possible to a point. It is the law that after diagnosis you must inform the DVLA at Swansea and be assessed by your doctor on a regular basis to renew your time restricted licence.

Some families with MND purchase a wheelchair accessible (barrier-free) van or one with hand controls for persons with good upper body function for every day use as well as road trip holidays.

Apply for a blue badge from your local authority and you may be entitled to free parking facilities and benefits that include reduced fees on toll bridges and ferry crossings. You can apply for Road Tax exemption if you receive the Higher Mobility Component of the Disability Living Allowance (DLA). This can be for a vehicle you drive yourself or one that is for you by a carer.

Motability

Motability offers low cost motoring to disabled motorists through a contract hire scheme. To apply for this you need to be receiving the Higher Mobility Component of the DLA. Full information is available directly from Motability (www.motability.co.uk) or from a local car dealership that is Motability approved. They can also supply lists of approved vehicle adaptation and conversion suppliers.

Wheelchair users may find there are additional inconveniences when travelling. Black cab taxis often carry portable ramps to enable wheelchair access. Always specify when booking a

taxi that you will need one capable of accommodating your particular needs.

Check platform access details before rail journeys. While it may be possible to make special arrangements with the relevant rail company to get on and off the train at any station on their route, not all stations are yet fully accessible. Double-check with both the rail company and the station itself for accessibility arrangements.

Air Travel

Most airports provide wheelchairs that you can take to and from the plane. Make sure that the airline knows in advance that you require a wheelchair. If you need to be accompanied by an attendant, and have the appropriate document signed by a doctor, some airlines let an accompanying attendant fly at half-price. Airlines also provide other services for the disabled including special meals. When enquiring about reservations, it is also a good idea to make sure that the airline can accommodate your disability requirements. Bear in mind if travelling alone, especially on longer flights, under no circumstances will a flight attendant help you get beyond the toilet door.

Some airlines might not allow you to take your own wheelchair into the cabin and may insist on you transferring to one of their own wheelchairs that is narrow enough to pass down the aisle of the plane. Be prepared to need to transfer from your own chair to theirs as they may not mention this fact when booking.

MND Scotland is the only charity funding research and providing care and information for those affected by MND in Scotland.

Company limited by guarantee. Registered in Scotland; Number SC217735. Charity Number SC002662.
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Users of electric wheelchairs powered by lead-acid batteries will need to change their battery type if they intend to take their chair with them rather than hire one at the destination.

See also our factsheet on long-distance air-travel.

TRAVEL TIPS

Holidays can be an essential way of "recharging the batteries," particularly in times of stress or illness. To get away from the normal environment and routines can give a real uplift. Unfortunately, because of the limitations imposed by MND specialist help may be required both while travelling and on arrival at the holiday destination.

Facilities

If you have problems walking, or are in a wheelchair, telephone your destination ahead to find out what accessible facilities are available where you will be staying, as well the attractions you may visit. Some places are very accessible to the disabled, others are not. Be very specific about what your needs are - "accessible" means different things to different people. So, you may need to ask if there are ramps, elevators, wheelchair accessible rooms in the hotel, etc.

Support Resources While Away

If you are travelling abroad, check the MND/MND International Alliance web site for information on associations available by country (www.alsmndalliance.org). Make sure you know how to contact the MND support group's office closest to your destination for information on the services they can provide in the event you might need them. Similarly, if you are going to be travelling in the United

States, contact the nearest MND Association (ALSA) Chapter. For an ALSA Chapter list, go to www.alsa.org.

The Scottish MND Association cannot accept responsibility for these services but would appreciate feedback on the quality of care the services provide.

Travel Information

DOOR TO DOOR

<http://dptac.independent.gov.uk/door-to-door/index.htm>

This is a good website from the Disabled Transport Advisory Committee which will give you advice about all aspects of transport and travel.

Many volunteer groups provide transport to take people to and from hospital appointments. If you could benefit from this ask at your next appointment if you can access such transport either through a local volunteer scheme or the St Andrews Ambulance volunteer driver service.

Organisations

RADAR (Royal Association for Disability and Rehabilitation)

Tel: 0207-250-3222

Email: radar@radar.org.uk

Website: www.radar.org.uk

Produce two annual updated guides for people with disabilities on UK holidays and travel abroad, plus factsheets on related subjects.

ACCESSIBLE TRAVEL & LEISURE.

Holidays abroad tailored to your individual needs.

Tel: 01452 729 739

Website www.accessibletravel.co.uk

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Tourism for All UK

c/o Vitalise
Shap Road Industrial Estate
Shap Road
Kendal
Cumbria LA9 6NZ
Tel: 0845-124 9971 Fax: 01539 735567
Overseas: 0044 1539 814 683
Web: www.tourismforall.org.uk/
Email : info@tourismforall.org.uk

Tourism for All UK is a national charity dedicated to standards of world class tourism which are welcoming to all.

Formed as a result of a merger between Holiday Care, the Tourism for All Consortium, and IndividuALL, the organisation contains the knowledge gained over the past 30 years in providing information to the public, especially the senior market and those with disabilities, on where their specific needs can be met so that they can fully participate in travel and leisure. Receives up to 80,000 enquiries a year and also champions the cause of accessible tourism with policy-makers in the UK and Europe.

Insurance

If you are travelling abroad, insurance is essential. See our Factsheet 12 Travel Insurance.

Finances

Although we would all like a break many of us never manage to get away for financial reasons. Many people with MND find that local funding can help. Check with your social worker, health visitor and local Citizens Advice Bureau. Sometimes MND Scotland may be able to contribute towards the cost of a break with our Small Grants Scheme – check with your Care Adviser.

Holidays in Scotland

THE MND Scotland 'Lang Break' Caravan

People with MND can now enjoy short breaks, from £225 to £275 per week depending on season, at the picturesque Craigtoun Meadows Holiday Park near St. Andrews in the Kingdom of Fife.

The 'Lang Break' Caravan is an ideal facility for families affected by MND who wish to enjoy a holiday together in a non-clinical setting. The caravan has wide exterior doors and exterior lights to illuminate the approach. The interior has wide sliding doors providing clear access to each room. Electrical switches, sockets and appliance controls are placed at heights appropriate for wheelchair users.

The fitted kitchen includes lower level work surfaces and a recess beneath the sink unit for ease of accessibility. Quarter - turn lever taps are fitted in the kitchen and shower room for ease of operation. There are two large bedrooms with moveable and fixed twin beds and the lounge area has a fold out sofa bed. The caravan is carpeted with a wheelchair friendly pile throughout and double glazing, central heating and an electric oven and hob make it feel like a home from home.

MND Scotland 'Tralee Bay Chalet'

We have a holiday property, situated in a breathtaking part of the west coast of Scotland, based at Tralee Bay Holiday Park, just north of Oban. The chalet will sleep up to 6 and costs £700 per week, with a substantial discount available to people affected by MND, their carers and family..

On entering the chalet through the extra wide front door, the visitor will find themselves in a spacious dining area

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which holds a table and chairs. To the left of this is the lounge which is furnished and includes a riser/recliner chair and sofa bed. At the rear of the lounge area is a spacious kitchen offering the usual work top space, fridge-freezer and washing machine.

Internal doorways have been widened to allow wheelchair turning space into the hallway.

At the rear of the chalet, what were 2 bedrooms have now been converted into one large room with dividing doors for privacy. The left hand side of the room has been created with those who have a disability in mind. The fully adjustable bed fits nicely on the left hand side of this room and is within easy access of the fully adapted wetroom. An electric ceiling hoist has been installed and will allow carers to move clients from bed to either the shower area or Closimat toilet. This room also has a shelved cupboard which is ideal for storing items such as medicines etc.. The right hand side of this room contains one double bed and 3 wardrobes.

Off the hallway there is a single bedroom with bunk beds and a standard bathroom with bath, over-bath shower, WC and sink.

There is parking for 2 cars and a ramp provides access to the chalet.

To book either of the above, visit www.mndscotland.org.uk or contact Mairi Hughes on 0141 945 1077 or email mairi.hughes@mndscotland.org.uk

The MND Scotland caravan and chalet are owned by us and can only be booked through us..

Holiday Chalet from the Dochas Fund

The Dochas Fund is a charity that supports people with MND or Guillain Barre Syndrome in Scotland. The charity rents a purpose built holiday home from "Enable" in the historic setting of Kilmartin in Argyllshire. It is fully equipped to accommodate families and people affected by MND and sleeps 6.

The holiday accommodation is free to families where a member is affected by MND. Families will be welcomed personally by Catherine Paterson or a member of the Dochas Fund.

Contact: The Dochas Centre, 50 Campbell Street, Lochgilphead, Argyll PA31 8JU Tel: 01546-600022

SHARED CARE SCOTLAND (Online Short Break Information Service)
Unit 7, Dunfermline Business Centre,
Izatt Avenue, Dunfermline,
Fife KY11 3BZ
Tel 01383 622 462
www.sharedcarescotland.org.uk
email office@sharedcarescotland.com

Shared Care Scotland have developed a unique online short break information service (OSBIS) which was launched in June 2008. It provides information on home-based and residential-based respite, family placements, befriending projects, activity clubs, holiday breaks and more specialised guest houses and hotels.

Visit Scotland

Level 3, Ocean Point 1,
94 Ocean Drive,
Edinburgh
EH6 6JH

www.visitscotland.com/guide/where-to-stay/accessible-scotland/

Visit Scotland publish an "Accessible

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Scotland” guide to short breaks and holidays covering all forms of accommodation from campsites, motor-homes and campervans through hostels and B&Bs to hotels.

Alternatively, call their National Booking Hotline on **0845 22 55 121**

Factsheets

Factsheet 12 Travel Insurance.
Factsheet 37 Long Distance Travel

Other useful contacts

Access to Air Travel for Disabled Persons and Persons with Reduced Mobility:
Code of Practice Tel 0870 1226 236 or 0870 1226 237

The Equality and Human Rights Commission, Tel 0845 604 6610
www.equalityhumanrights.com/airtravel

Foreign and Commonwealth Office 0845 850 2829

ABTA Ltd 020 3117 0500,
Email - abta@abta.co.uk Website www.abta.com

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