



Holidays

The ability to go on holiday may seem far-fetched, the thought and practical upheaval of leaving the safety of your own surroundings to venture out can be scary. It can also be difficult to cope with seeing others getting on with their own lives and enjoying trips. A diagnosis of PSP or CBD does not necessarily mean you can never go away again, holidays are an option through early, mid and into the advanced stages for many, it takes more planning, but there are companies who can help to make things work for you and yours.

As one of our carers, Richard, puts it, "In the earlier to mid stages, take as many holidays as you can afford. Seize the day!"

There is a wide range of hotels, holiday organisations etc to choose from. We have listed a few below but for more information please see the PSPA 'Useful Organisations' Information Sheet on the PSPA website

<https://www.pspassociation.org.uk/information-and-support/just-been-diagnosed/pspa-publications/>

Where to stay?

Disabled Holidays – Advertised as one of the UK's largest accessible holiday specialist, guaranteeing accessible accommodation and organising flights, adapted transfers & equipment hire <https://www.disabledholidays.com/about/carers-holidays.html>

Enable Holidays – Tailor-made holidays for wheelchair users.
<https://www.enableholidays.com/>

Accessible Cottages

Sykes Cottages – With 72 accessible cottages in the UK and Ireland. The facilities in these properties vary - some may simply have toilets or showers with wheelchair access, while others are equipped with ramps, wet rooms and ground-floor bedrooms. All cottages well-described and telephone customer support available
<https://www.sykescottages.co.uk/accessible-holiday-cottages.html>

Holiday Cottages for the Disabled – UK wide range of places to choose from, each have different specifications, but all pass the basics of accessibility <https://www.holiday-cottages-for-disabled.co.uk/>

Purpose Built Holiday Parks

Revitalise – This organisation has been around for 60 years and have two purpose-built holiday parks for the disabled one in the North West at Southport and one in the South East in Essex. <https://revitalise.org.uk/>

Accessible Caravans & Lodges - The Big Companies

The organisations below are geared up to more than support your needs. They are required to be accessible and often cater for big groups coming to stay as well as pairs, couples and families.

Center Parcs – lodges in the UK and abroad, open plan, handrails throughout, electric beds, walk-in/wheel-in showers etc <https://www.centerparcs.co.uk/discover-center-parcs/lodge-holidays/accommodation-type/adapted-lodges.html>

Butlins – holiday parks at Bognor, Skegness and Minehead. Adapted accommodation and accessible areas including swimming. However, you would need to take equipment such as hoists with you, rather than it being in situ for you <https://www.butlins.com/help-contact/disability-requirements>

Haven – holiday parks across the UK. Accessible and adapted caravans, wheelchair hire either on site or through local providers. Not much information online, call to discuss before booking <https://support.haven.com/hc/en-gb/articles/360012611459-Do-you-offer-adapted-caravans>

Parkdean – 63 holiday parks across the UK that are accessible. In some seaside resorts, beach-use wheelchairs are available to hire. Terrain can vary at the parks so you would need to research ones you are interested in first to see if would fully meet your needs <https://www.parkdeanresorts.co.uk/holidays/wheelchair-friendly/>

Accessible Cruises, Activities & Adventure

Award-winning **Limitless Travel** was founded in 2014 when Angus Drummond was told his muscular dystrophy would mean he would not walk in the future. Here is a video of his story and an introduction to the company <https://www.youtube.com/watch?v=GTvCsNhpFGk>

They provide a door-to-door wheelchair-friendly service, provide carers and guarantee every stage of the journey is accessible. There are 3 levels of care on offer, group support, which is always included so staff are on hand throughout any trip supporting with bags, mobility aids and so on, personal care with detailed prior planning including things like hoisting, showering and toileting, or dedicated one to one bespoke support. It is not only cruises, but a whole range from short gently paced UK coach trips to the seaside, countryside and

historic venues, to swimming with dolphins in Florida and going on African safari.

<https://www.limitlesstravel.org/disabled-holidays/categories/accessible-cruises>

Also award-winning, **Dementia Adventure**'s aim is to reduce social isolation and provide opportunities for those with any of the 100+ types of dementia, overcoming not only physical but cognitive and mental health barriers to engaging in activities. For holidays on offer see <https://dementiaadventure.org/category/family-carers/>

Cruise companies are generally well known for being fully accessible and disability-friendly, with lift access to all decks, food and entertainment included and use of powered wheelchairs and scooters permitted. Go on land or stay on board for the duration.

Accessible Hotels

Many hotels from Premier Inns to 5* hotels are accessible. This recent article shows the sort of adaptations that are on offer in 16 different hotels across the UK

<https://www.thetimes.co.uk/travel/destinations/uk/best-hotels-with-accessible-rooms-in-the-uk>

Warner Leisure Hotels – Provide a door to hotel pick-up and return service to their kids-free premises. Contact for their disability guide

<https://www.warnerleisurehotels.co.uk/company/accessibility>

Specialist Activities

Below are a few of the many interests and sports available.

Sailability - <https://www.sailability.org/>

- Riding for the Disabled - <https://rda.org.uk/about-us/>
- Stockport Canal Boat Trust - <https://www.newhorizons.org.uk/>
- Accessible Boating on Norfolk Broads - <https://www.nancyoldfield.org.uk/>

Passenger Assistance

Train, ferry and airlines provide passenger assistance services from the concourse, to checking in and waiting areas, buggies to transport you train-side, onto ferries or airport boarding, baggage support, priority access and designated seating. Book ahead with the company before travelling.

Things you could pack and/or organise

- Portable commode – folding, lightweight.



- Waterproof bed sheets – cheap and very useful
- Pull-ups – can be a more convenient option for dealing with continence whilst away
- Continence aids – such as conven sheaths and leg bags, or shewees can bypass the need to use small train or plane toilets, or to keep getting up on a journey
- Portable shower seat – helpful if there is none in place or only fold down seats with no side supports are available
- Medication – ensure you have prescriptions ordered in advance, dossett boxes can be very handy for organising and keeping medication secure
- Sun protection – some medications make skin more sensitive to the rays, pack high factor sun cream to avoid this. Sprays and roll-on versions can be easier to put on
- Aids – from small things such as drinking straws to large items, make a list of what you use day to day, and tick off when you pack
- Admin – take important telephone numbers, carers cards for emergencies and discounts, and any key documentation you may need at a hospital just in case
- Ready meals – have a break from cooking and take a range of favourites if you are self-catering
- Supermarket delivery – pre-order food and toiletries, time to arrive on your first day.

But I won't fit it all in!

Find out exactly what will be available for you to use at your destination, ask companies to send you pictures if you aren't sure.

Remember you can hire or borrow large items such as wheelchairs and other large pieces of equipment. <https://directmobility.co.uk/>

Guides

The Rough Guide to Accessible Britain – Is a collaboration between Motorbility and the Rough Guide group. A book covering everything from scenic drives to galleries, museums and ideas for day trips

https://www.motability.co.uk/news-and-events/rough-guide-to-accessible-britain/?gad_source=1&gclid=EAlaIQobChMIgcS5uLzPigMV46JQBh360CBrEAAYASAAEgLDUD_BwE

The Disability Holidays Guide – Online advertising for accessible holidays from wide range from worldwide travel companies to small family run businesses

<http://www.disabilityholidaysguide.com/disabled-activity-and-adventure-holidays.aspx#sthash.XCKC0Q35.dpbs>

Insurance

PSPA review insurance providers annually to see who is providing travel insurance for those living with PSP & CBD. Please contact the PSPA Helpline for up-to-date company details.

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