



Last Updated 15/2/16

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

- higher rate mobility component of [Disability Living Allowance \(DLA\)](#) This can be for a vehicle you drive yourself or one that is for you by a carer
- the enhanced rate mobility component of [Personal Independence Payment \(PIP\)](#).

There are further details, and up to date information about this on the [government website](#)

Motability

The Motability scheme offers low cost motoring to disabled motorists through a contract hire scheme. To apply for this you need to be receiving the Higher Rate mobility component of DLA or the Enhanced Rate mobility component of [Personal Independence Payment \(PIP\)](#). Full information is available directly from

Motability (www.motability.co.uk) or from a local car dealership that is Motability approved. In addition, the scheme offers the option to choose from a wheelchair adapted vehicle (WAV), a mobility scooter, or a powered wheelchair. 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

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

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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.

Almost all airlines will not allow you to take your own wheelchair into the cabin and will probably insist on you transferring to one of their own wheelchairs that is narrow enough to pass down the aisle of the plane, even though they may not mention this fact when booking.

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. It is also worth noting that some electric wheelchairs may be too large, too heavy or both, to fit in the holds of many aircraft so exact details need to be provided at the time of booking to avoid disappointment at the airport.

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 ALS/MND International Alliance web site for information on associations available by country (www.alsmndalliance.org). Make sure you know how to contact the local MND association's office closest to your destination for information on the services they can provide in case 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.

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

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.

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Tourism for All UK

Tourism for All
1 Pixel Mill
14 Appleby Road
Kendal
Cumbria LA9 6ES
Tel: 0845 124 9971
Overseas: 0044 1539 726 111
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 "Time Out Grants" – check with

your MND Clinical Specialist or our Welfare and Benefits Officers.

Holidays in Scotland

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 7 and costs between £550 and £800 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 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.

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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.

MND Scotland 'Clayton Lodge Chalet'

Our brand new accessible lodge is set on the scenic Clayton Caravan Park, in the beautiful Eden Valley in North East Fife, just minutes from St Andrews and the Fife coast.

The state-of-the-art disabled-friendly lodge, will replace the charity's Lang Break Caravan which has closed permanently.

Clayton Lodge has been purpose designed to prioritise space and comfort and will be fitted with an array of helpful adaptations suitable for people with MND and other disabilities. Key features:

- Sleeps 7 people
- No dogs or other pets
- No smoking
- Ceiling tracking hoist (bedroom to wetroom)
- Portable hoist with universal slings
- Fully adjustable bed with Medi-Pro mattress
- Full wetroom with Clos-o-mat Toilet and Tilt-in-Space shower chair
- Second bathroom with over bath shower
- Riser Recliner chair
- Transit wheelchair
- Dishwasher
- Washer & dryer
- Blackout blinds in bedroom for those with a disability
- Equipment charging area
- Wrap-around decking and access ramp
- Car parking

To book either of the above, visit www.mndscotland.org.uk or contact Mairi Hughes on 0141 332 3902 or email mairi.hughes@mndscotland.org.uk

The MND Scotland chalets are owned by us and can only be booked through us. People living with MND in Scotland may be eligible for our Time Out Grant to assist with the costs of renting one of the chalets.

SHARED CARE SCOTLAND (Online Short Break Information Service)

Unit 2, 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. It provides information on home-based and residential-based respite, family placements, befriending projects, breaks activity clubs, holiday breaks and more specialised guest houses and hotels.

Visit Scotland

Visit Scotland is the national tourism agency for Scotland. Part of their website is dedicated to accessible accommodation.

<https://www.visitscotland.com/holidays/breaks/accessible/>

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Euan's Guide

<http://www.euansguide.com/>

Is a website run by Euan and Kiki MacDonald from Edinburgh.

The aim of Euan's Guide is to empower disabled people by providing information that will give confidence and choices for getting out and about. Euan's Guide is an alternative to hours of web searching and phone calls and, most importantly, removes the 'fear of the unknown' when visiting a venue for the first time.

Factsheets

Factsheet 12 Travel Insurance.

Factsheet 37 Long Distance Travel

Other useful contacts

[Civil Aviation Authority – information for travellers with reduced mobility](#)

The Equality and Human Rights

Commission, Tel 0845 604 6610

<http://www.equalityhumanrights.com/your-rights/service-users/transport-and-travel/disability-and-air-travel>

Foreign and Commonwealth Office

Email : fcocorrespondence@fco.gov.uk

General enquiries switchboard

020 7008 1500

ABTA Ltd

[Information for those travelling with a disability.](#)

Website www.abta.com

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