Holidays For Elderly And Disabled People

Everyone enjoys a holiday but as people get older or have a disability, knowing where to find appropriate holiday accommodation can be difficult. Putting some thought into what you want and need before you make the phone call or book a holiday will ensure that your holiday plans will be more enjoyable.

An elderly or disabled person seeking holiday accommodation needs to explain clearly when considering booking exactly what their care needs are. Never assume that the person on the end of the phone knows! For example, wheelchair accessibility may be fine, however what if you do not use a wheelchair but your mobility is poor with reference to flat access and ground floor room availability?

Do you need to ask about a floor level shower or hoist facilities? Is there a raised toilet facility or an alarm system in case you need help? Are the staff trained to help or do you need to have a carer or use family/friends help? If you are blind or deaf, is information available in Braille or is there a member of staff who can use sign language? If you need to take a carer with you, ask if there's a reduction in price for your carer.

There are organisations that provide a range of holiday information for elderly and disabled people such as:

- Age UK’s factsheet "Planning a Holiday" can be obtained from AgeUK.org.uk
- ArthritisCare.org.uk has a useful page called "Hotels and holiday information."
- Destinations are available worldwide from Traveleys.co.uk, an independent world travel organisation for blind and visually impaired people.

If you enjoy caravanning take a look at the website of Caravan Sitefinder. They have details of the disabled facilities at over 956 caravan sites in the UK and the sites have feedback from previous holiday makers. The website is: CaravanSiteFinder.co.uk

Also, before you set out on a journey you can check the situation on the roads by visiting Frixo.com which provides live traffic information and gets updated every 3 minutes using various road sensors.

Many elderly or disabled people wishing to retain holiday independence but needing some care whilst they are on holiday choose to take a live-in carer with them. A companion for the holiday but also providing any help and care that is needed. Able Community Care provides holiday carers who are happy to accompany a person to places in the UK and worldwide.

An Able Community Care Information Sheet

www.uk-care.com

Nationwide Providers of Live-In Care Schemes