



3 Steps to Make Your Vacation More Relaxing

Traveling with someone who has special needs can be a little stressful. Long car rides, airport security, and long waits in line can cause you to tense up more than relax. But there are a few easy steps that you can take, to help your vacation run as smoothly as possible.

1. Plan ahead

Check out what's going on in the area? Are there certain events, exhibits or shows that are a must see? Try to include something for everyone by providing choices of activities at certain times. Use a visual schedule if need be, but make sure you include extra icons for things like "free-time," "sight seeing" or "exploring."

If you will be traveling by airplane, contact the airline for help with accommodations. You can also contact the Transportation Security Administration or visit the website for the TSA Cares program (<http://www.tsa.gov/traveler-information/travelers-disabilities-and-medical-conditions>). They also have a toll-free help line for information. You can reach them at 1-855-787-2227.

2. Get help before you leave

Vacation planning doesn't have to be hard. There are travel agents available that specialize in special needs travel. Make use of their services, they will be able to provide you with more information about accessibility options or how to avoid those long waits in line.

If you or someone that is traveling with you has a special dietary need, you can ask the agent about potential restaurant options. Also, if you do use a travel agent, give them feedback on the services you used. Feedback about hotel, restaurants and venues to help them plan again for you or another client and helps improve overall services. They'll appreciate it!

3. Get help when you get there

Make sure that your vacation is relaxing for everyone by obtaining assistance in your vacation location. Special needs babysitters and direct care workers can make it easier for Mom and Dad to have a moment for themselves while on vacation. Make a dinner out or a trip to the museum easier by enlisting assistance.

Worried about regression or keeping a behavior intervention plan running? Companies like Breakthrough Developmental Services offer respite and direct care services in the DC-Baltimore/Annapolis, Maryland areas for those going on vacation. We can work with

your local team to keep everything running as smoothly as possible to help everyone have a wonderful vacation.

I hope this information helps you have a more relaxing vacation. If you are planning a trip to our area and are interested in help during your visit, contact us today at 1-855-255-5270 or stop by our home on the web at www.BDSHelps.com. We would love to help!

Safe journeys,
Barbara Erby-Young
Breakthrough Developmental Services, LLC