

Autism

spectrum disorders

resources

for

TRAVEL

 Women & Children's Hospital of Buffalo
A Kaleida Health Facility

 The Children's Guild
FOUNDATION

The information in this resource sheet was compiled by The Children's Guild Foundation Autism Spectrum Disorder Center at Women & Children's Hospital of Buffalo. Please understand that many of the services are recommended by parents and listing does not imply endorsement of any particular resource or service. As information may change, please contact the service to determine whether it meets your individual interests and needs.

If you find information that has changed or if you would like to add something to this list, please contact:
Jana Mertz at: jmertz@kaleidahealth.org.

TRAVEL BY AIRPLANE

Buffalo Niagara International Airport - Preview Program for Individuals with Autism or other Special Healthcare Needs

The Buffalo Niagara International Airport offers a special service called the Preview Program to help families of children with special needs prepare for an upcoming flight. Please make an appointment in advance of your trip. Through the preview program, the individual and caregiver are escorted through security, have the opportunity to see the waiting area and sometimes even sit on a plane. Having some familiarity with the security and airport process can help reduce anxiety for the child and make the travel experience more comfortable. For any questions or to **schedule a preview appointment**, please call: **(716) 630-6072**

Airports, Airplanes & Autism

Prepared by Florida's Center for Autism & Related Disabilities, this is a guide for parents, airport and airline personnel to meet the needs of individuals with Autism Spectrum Disorders.

http://www.umcard.org/files/CARD_AwarenessBrochures_Airport.pdf

Social Story about going on airplane – free downloadable, prepared by Carol Grey for Philadelphia International Airport

<http://www.phl.org/passengerinfo/Accessibility/Documents/SocialStories.pdf>

GENERAL TRAVEL TIPS.....PREPARE, PREPARE, PREPARE

Ten strategies for traveling with a child with Autism

http://www.autismspeaks.org/docs/family_services_docs/schlosser.pdf

Autism Speaks website with links about Traveling tips for individuals with autism and their families

<http://www.autismspeaks.org/family-services/community-connections/traveling-tips-individuals-autism-and-their-families>

Autistic Globetrotting – Autism Travel Made Easy. In 2009, Margalit Francus established a nonprofit website, Autistic Globetrotting, to inspire and encourage autistic families to explore the world. By communicating with both the autistic and travel communities, she aims to raise autism awareness and facilitate the implementation of much needed accommodations for special needs travelers. <http://www.autisticglobetrotting.com>

More Travel Tips.....

Time – Six Tips for Traveling with an Autistic Child

<http://www.time.com/time/specials/packages/completelist/0,29569,1893554,00.html>

Autism Society Travel Tips

<http://www.autism-society.org/blog/archive/summer-travel-tips-for.html>

The Autism Society is committed to providing information that will help you live your best journey with autism. In celebration of the unofficial start of summer, we would like to share with you this helpful list of vacation tips. **And don't forget the sunscreen!** Many thanks to the Indiana Resource Center for Autism and Dr. Cathy Pratt of the Autism Society Board of Directors for their work on these tips.

If you're traveling with an individual with autism this summer, check out the following tips from experts to make the trip more enjoyable for all.

- Plan in advance.
- Call ahead and inform the airline, hotel, resort or cruise line of the individual's situation, and inquire what special accommodations (for example, fridge inside room) are available.
- Prepare the individual before and during the trip on what to expect. Use pictures, the web or objects, as appropriate, to communicate.
- Don't hesitate to explain and share information about autism to others you may encounter, including flight attendants, hotel staff, employees at the amusements you visit and other vacationers.
- Bring familiar items that you think will make him or her more comfortable.
- Select vacation destinations with environments you believe the individual can handle.
- Book a cruise or resort vacation during "low season" so there will be fewer guests and the staff will have more time to devote to your needs.
- Travel by car if flying or other public transportation seems too difficult.
- Choose hotels/motels with kitchen suites or room service so you have the option to eat in your room.
- MP3 players with headphones, loaded with favorite music, can soothe individuals who are disturbed by noises. Personal DVD players can also help make a long trip more enjoyable.
- Adhere as closely as you can to aspects of the individual's normal routine.
- Whatever happens, stay calm and remember tomorrow you can always try again.

SOCIAL STORIES

A Social Story™ describes a situation, skill, or concept in terms of relevant social cues, perspectives, and common responses in a specifically defined style and format. The goal of a Social Story™ is to share accurate social information in a patient and reassuring manner that is easily understood by its audience.

Social Stories can help prepare a child for an upcoming trip or really any new experience. For more information on social stories, The Gray Center is really helpful:

<http://www.thegraycenter.org/social-stories/what-are-social-stories>

To help create social stories, here are a few suggested links and affordable applications:

Photostory 3 – Free downloadable software <http://www.microsoft.com/en-us/download/details.aspx?id=11132>

iMovie – for computers and iPads <http://itunes.apple.com/us/app/imovie/id377298193?mt=8>

iCreate..Social Skills – itunes \$4.99

Please feel free to send suggestions to: jmertz@kaleidahealth.org