



QEF want your flight to be as comfortable and stress free as possible and our **Tryb4uFly** service provides two different appointments to meet your travel needs:

1. A 'Cabin Transfer and Seating Assessment' with a health professional to try supportive seating systems in the air fuselage.
2. A 'Consultation' with a trained professional to go through the process of managing your travel booking.

Below are some other considerations that you may find useful before attending an appointment.

### **The legal background**

- ☐ Flying from the UK, with any airline, [EU rules apply](#)
- ☐ If flying to the States – [then their rules apply too](#)
- ☐ Your passenger rights are also available on an app for Android, Apple, Blackberry or Windows phones [https://ec.europa.eu/transport/themes/passengers/mobileapplication\\_en](https://ec.europa.eu/transport/themes/passengers/mobileapplication_en)
- ☐ Check which airline you are flying with for all parts of your journey
- ☐ Be aware that damage to equipment compensation may differ along with security, medication and policies regarding 'return to aircraft door'; if in doubt contact the airline
- ☐ Remember the return journey and allow additional time for flight transfers

### **Booking the flight**

- ☐ Research the route you want to fly and see which airlines fly it so you can base your airline choice on research
- ☐ Research the options they provide their customers
- ☐ Contact the airline assistance/disability/medical team with questions – you book special assistance when you book your flight so further information may be forthcoming after booking
- ☐ Update your booking at least 48 hours in advance of your day of departure if you require special assistance

### **Being Fit to fly**

- ☐ Talk to your GP or Consultant
- ☐ Your airline may ask for information to check your condition is stable
- ☐ A [MEDIF FORM](#) is used to obtain medical clearance – you may be asked to complete this
- ☐ Read up on advice from [UKCAA](#) & charities that provide niche support
- ☐ Ultimately, it is the airline's decision; the more information you provide, the better

### **Travelling independently – can you:**

- ☐ Fasten your seat belt?
- ☐ Reach an emergency exit?
- ☐ Retrieve and fit a life jacket?
- ☐ Fit an oxygen mask?
- ☐ Follow instructions in an emergency?
- ☐ If you need assistance with any of these, you are likely to need to travel with a companion

### **Aircraft types and configurations**

- ☐ Use flight numbers to identify airplanes used on your chosen route
- ☐ You can then use <https://www.seatguru.com/> to view the cabin and look at the seats which are preferable before you book



### **Generic airport facilities (including 'hidden disabilities')**

- ☐ Visit the airport's special assistance pages to research their facilities – do they have the facilities you require?
- ☐ Changing places are more commonly found at UK airports
- ☐ The disability (sunflower) lanyard is best obtained before you travel – contact the airport
- ☐ Airports publish maps of the terminal, often with routes for people with disabilities

### **Medical implants**

- ☐ Advisable to take a doctor's letter declaring medical implants
- ☐ Contact [www.caa.co.uk](http://www.caa.co.uk) Aviation Health Unit with specific concerns

### **Being fed enterally**

- ☐ Prepare thoroughly; [watch this video](#) which shows what's involved
- ☐ Bring spare charged batteries – recommended to plan for 150% of anticipated need
- ☐ Carrying liquid feeds is allowed from UK airports, but check the rules of airport security at your destination
- ☐ Some airlines may not allow suction machines on board
- ☐ Consider having feed delivered to your destination

### **Bringing an assistance dog**

- ☐ Request seats with bulkhead in front
- ☐ Take a safety harness for take-off & landing
- ☐ Advisable to comply with the [Pet Travel Scheme](#) (PETS) – with Pet Passport
- ☐ Always refer to the airline

### **Taxing and take off**

- ☐ Allow for more time than you think with seats in an upright position
- ☐ Oxygen and medical equipment can be used but check with your airline

### **The sensory environment & managing behaviours**

- ☐ Consider the triggers of your travelling partner
- ☐ Investigate entertainment options and food menu
- ☐ Bring favourite items that sooth, relax or distract
- ☐ Have a strategy for the pressure change and sounds
- ☐ Look at [Carly's Video](#) that gives first-hand experience
- ☐ This video from [Vancouver](#) shows the process of flying for people with Autism
- ☐ Look at this [support video](#) from the US

### **Landing**

- ☐ Request for the airport team to return your wheelchair to the aircraft door on landing
- ☐ Remember there can be delay for reasons outside of the airport's control
- ☐ Anticipate exiting last, await crew instructions
- ☐ Allow time for the lift or ramp to reach the aircraft
- ☐ In the EU, the airport team at your destination airport will be there to support you
- ☐ This video from [Vancouver](#) shows the aircraft landing for people with Autism – look at where you are flying for an insight into the facilities