DOWN'S SYNDROME ASSOCIATION

Top Tips from parents

Going on holiday

PREPARATION:

Create a story about going on holiday using real photos.
Have a visual countdown to help understanding of when that could include a tick list of tasks to do.
Consider appropriate travel insurance.
Create a plan for the day of travel.
Use BA Disability service to prebook seats on plane and pre book special assistance for the airport.
Apply for a sunflower lanyard.
Think ahead such as knowing where toilets are at airport or what to do if a delay.

PACKING:

Involve the person who has Down's syndrome in packing.
Think about what to put in hand luggage for the journey and suitcase for the stay.
Consider what is needed with regards to occupation, soothers, continence, medication, snacks, sensory aids.
Think about taking food that could be hard to find.

THE JOURNEY:

Use the social story/visuals to remind them what is happening.
If needed, free wheelchairs are provided near trolleys at the airport
Ensure snacks, food and drink are to hand.
Have electronic devices charged and available plus any aids/activities that may be useful.

ON HOLIDAY:

Identify key person at accommodation and let them know child's needs.
Identify a quiet space for when needed.
Have a daily visual schedule.
Avoid too many activities in one day and have an opt out option.
Consider dividing care giving amongst adults.

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