

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/mobile-application_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 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 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