



WEBINAR 
WEDNESDAYS

Traveling & Recreating Safely

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EMD Serono

JUNE PROGRAMS

JUMPSTART – June 4
Staying Healthy This Summer

COACHING – June 9
Managing Risk So Everyone is Happy

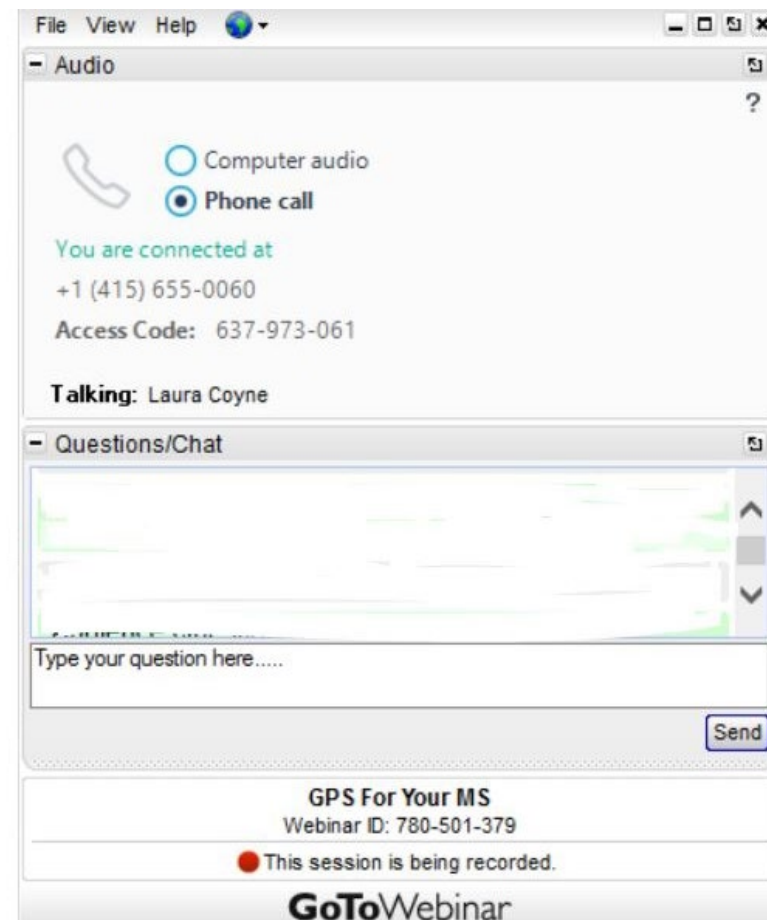
JUMPSTART – June 17
Staying Active (and cool) this Summer

COACHING – June 22
Recharge Your Motivation to Stay Active



How to Ask Questions During the Webinar

Type in your questions using the **Questions/Chat** box



Megan Weigel, DNP, ARNP-C, MSCN



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Jacksonville Beach, FL

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Occupational Therapist
Broomfield, CO

Learning Objectives

- Updates on travel guidelines & recommendations
- Accessible travel & recreation
- Benefits of travel & recreation on emotional & physical health
- Understand the risks that may be still present with COVID

Benefits of Travel and Recreation

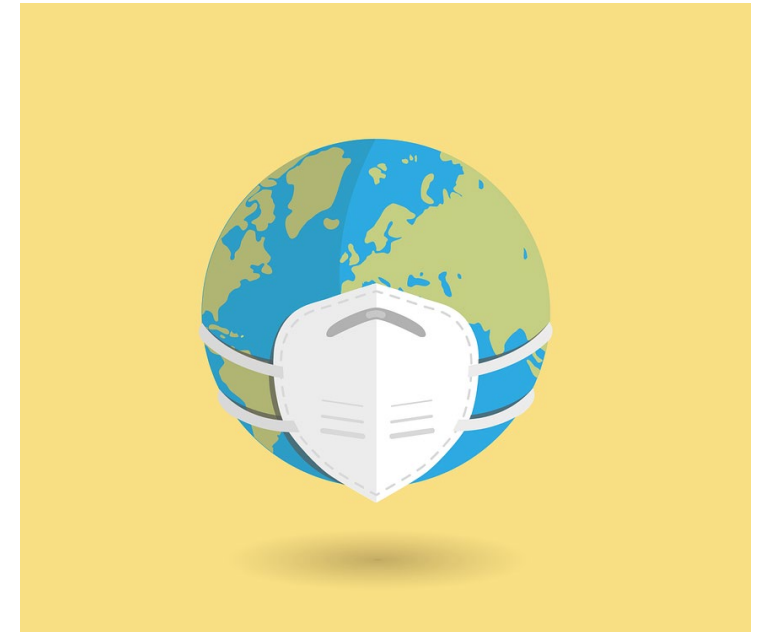
- Emotional well-being
- Stress management
- Relationship building
- Physical health
- Socialization



Travel, Events, and COVID-19

We are still in a pandemic...

- Travel is safer when visiting smaller groups or when fully vaccinated
 - You are fully vaccinated 2 weeks after your last dose of vaccine
- Masks are required for everyone on public transportation, including airlines
- Masking is still recommended in public, as is social distancing and good hand hygiene
- While mask mandates may differ among cities/counties/states/countries, the overall recommendation is to continue masking



CORONAVIRUS DISEASE 2019 (COVID-19)

Domestic Travel

RECOMMENDATIONS AND REQUIREMENTS

Not Vaccinated

Fully Vaccinated

Get tested 1-3 days before travel



Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested.



Self-monitor for symptoms



Wear a mask and take other precautions during travel



cdc.gov/coronavirus

CS323515-A 04/02/2021





COVID-19 & Travel Considerations

Check your area of travel for local mask mandates; if traveling internationally, check the country's requirements as well as US requirements for re-entry



THE FUN STUFF!

Travel and Recreate!!!

Leisure IS in Reach!

- Museums/Aquariums/Zoos
 - Call ahead to ask about physical accessibility
 - Many provide wheelchairs to borrow
 - For visual limitations bring magnifying lenses or binoculars
- Concerts & Sporting Events
 - Passes and special seating for handicap accessibility
 - Inquire about early access and special entrances or lines
 - Request locations near restrooms if possible
 - Look up ADA reviews for venues: <http://www.adaconcertvenues.com/>
 - CDC info: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/attending-sports.html>



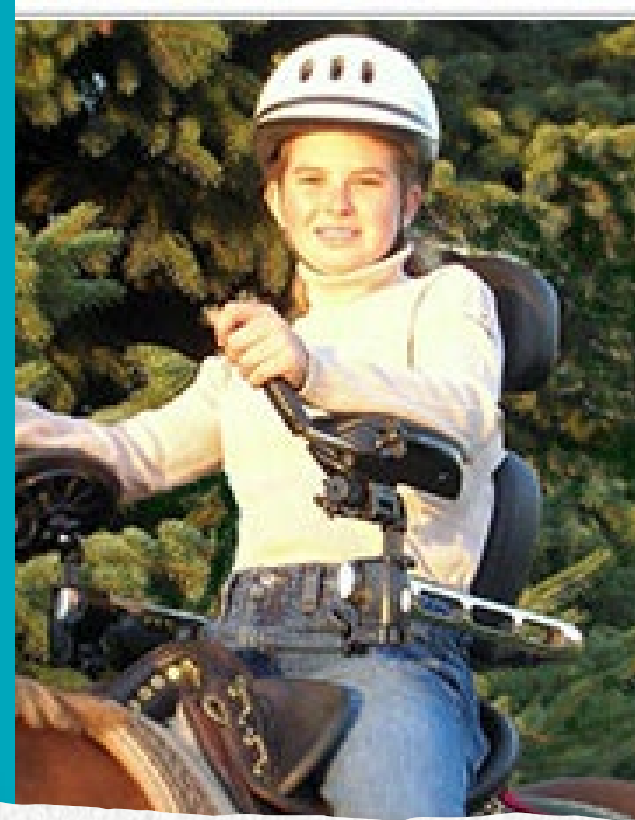
**Adaptive equipment for beaches,
pools and lakes**

**Some beaches have special
wheelchairs to borrow or board walks
to the shore**



Sports

- Volleyball
- Golf
- Pickleball
- Bocci ball
- Basketball
- Skiing
- Sled Hockey
- Cycling
- And MORE!



Outdoor Activities

- Adaptive hiking
- Camping
- Horseback riding
- Hunting
- Fishing
- And more!

Special Pricing, Tickets, and Access

- National park passes: \$10 for a lifetime pass with any percent of permanent disability! <https://store.usgs.gov/access-pass>
- Most state parks also offer a discount
- Discount recreational center pricing is often available
- Discount hunting licenses are offered in many states
- Many states allow modified hunting from vehicles if you are physically limited from navigating terrain

Tips for Finding Resources!

- Online searches using terms such as:
 'adapted _____' or 'modified _____'
- Reach out to your community!
 - Facebook, Next Door, 4H, Rotary Club, Shriners, MS support groups, and other local volunteer groups!
- Inquire through groups who engage in these activities already:
 - Cycling groups, hiking groups, row teams, horseback riding, etc.

Tips for Finding Resources!

- Ask scout groups, college engineering programs and OT/PT programs to help build/fabricate adapted tools and equipment!
- Ask your OT, PT, Neurologist, Counselors, Nurse Practitioners, Social Workers, MS Centers, rehab hospitals & anyone else on your team!
- Check out <https://www.challengedathletes.org/> for equipment grants too!

Traveling? Plan Ahead for Smooth Sailing!

- A few months ahead
 - Do you have the mobility equipment that you need? Consider OT referral.
- A few weeks ahead
 - Make sure you have enough medication for your trip
 - Talk to pharmacy about “travel refills”
 - Make a medication list that includes your medical history, providers’ contact information, emergency contact information
 - Call airline, train station, cruise line, bus station about mobility needs
- A few days ahead
 - Make your packing list
 - Make snack packs of non-perishable, healthy foods; include a refillable water bottle
 - Pack your medications for your carry-on

How to Keep on Keeping on!

- Manage Fatigue
 - Budget your dollar!
 - Check in using the fatigue scale
 - The 4 P's: Planning, Pacing, Prioritizing, Positioning
- Consider adaptive equipment
 - Canes, walkers, scooters, wheelchairs, walking stick, forearm crutches, shower chairs
- Hydrate and eat well (don't overuse alcohol)
- Manage Bowel/Bladder function
- Get good sleep and take naps if needed
- Don't skip medication doses; take a daily pill-pack with you
 - Use alarms to help remember medication during changes in routine/patterns



Walk, Don't Run!

- No matter how or where you are traveling, it's a good idea to play "spot the potty" before you need it
 - Choose airline, train, bus, concert, and sports seats accordingly
 - Once you know your airline gate, look at an airport map for the closest restroom
 - If traveling by car, plan to stop regularly for bathroom breaks
 - Choose fun rest stops or make a longer pit stop at a pretty park
- Be mindful of the impact of alcohol on bowel/bladder function

Handling The Heat!

Managing temperature challenges so you can still recreate:

- Hydrating (cold water)
- Cooling devices (vests, neck wraps, wrist and ankle wraps, hats, bras, belts, etc.)
- Consider time of day/weather
- Cool prior to exposure to heat
- Consider frozen fruit for snack
- Clothing choices and layers can help
- Bring ice packs and coolers
- Personal fans and misting fans
- Umbrellas and shady spots



Leisure On The Lighter Side

- Leisure doesn't need to be big trips, excursions or in groups!
 - Reading
 - Puzzles
 - Online Games/Game nights
 - Hosting/attending Social dinners
 - Movie nights
 - A stroll in the park
 - Painting/Coloring
 - Photography



If there's a will there's a way!

1. Be open to adaptations & modifications
2. Plan ahead!
3. Reach out to your community & research what's available!
4. JUST HAVE FUN!



Can Do Travel Resources

- <https://www.cando-ms.org/online-resources/can-do-library/accessibletravel>
- <https://www.cando-ms.org/multiple-sclerosis-programs/webinar-series/webinar-tips-for-traveling-with-ms>
- <https://www.cando-ms.org/online-resources/can-do-library/traveling-with-ms>
- <https://www.cando-ms.org/online-resources/can-do-library/travel-tips-with-multiple-sclerosis>
- <https://www.cando-ms.org/multiple-sclerosis-programs/webinar-series/enjoying-leisure-and-recreation-activities>
- <https://www.cando-ms.org/multiple-sclerosis-programs/webinar-series/can-do-ms-webinar-traveling-with-ms-1>
- <https://www.cando-ms.org/online-resources/can-do-library/want-to-get-away>
- <https://www.cando-ms.org/online-resources/can-do-library/adaptations-for-staying-active-and-involved>
- <https://www.cando-ms.org/online-resources/ask-the-can-do-team/question-answer?question=154>
- <https://vimeo.com/299075231>

Q & A





Connect With Us



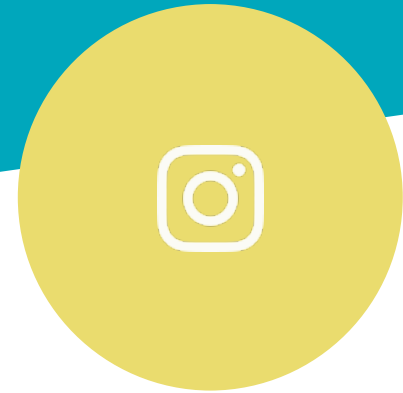
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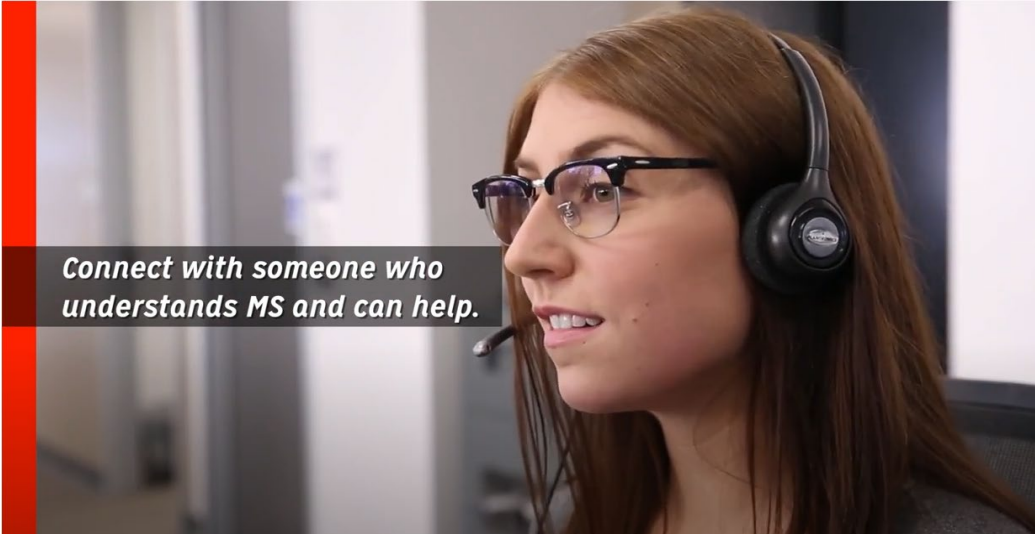
ANGELA
MS NAVIGATOR

Connect
When and Where You
Need Us

The National MS Society exists because there are people with MS. **Our vision is a world free of MS.** Everything we do is focused so that people affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.



**National
Multiple Sclerosis
Society**



*Connect with someone who
understands MS and can help.*



WEBINAR 
WEDNESDAYS

Why Am I So Tired? Fatigue and Other Invisible Symptoms

Wednesday, July 7 at 8pm ET

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