JULY 2022



The Arc of New Jersey Family Institute

Advocacy • Empowerment
Resources • Education

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Plan in Advance	2 Try to Replicate the Home Routine	3 Ask about a Certified Autsim Travel Professional
4 Learn more about the Air Carrier Access Act	5 Consider a Tour	6 Request a medical statement from your doctor	7 Summer Reading: STARBRITE Traveler	8 How to Prepare for Your Trip	9 While You're Traveling	10 When you Return
11 Tips for Caregivers and Friends	12 Know Your Rights	13 Taking a Service Dog on the Plane	14 Consider a dry run	15 TSA Disability Notification Card	16 Medical Alert IDs for Autism	17 Put together a Sensory Tool Box
18 Listen to a good book on the trip	19 Be My Eyes	20 DAS at Disney World	21 Boarding and Deplaning	22 Taking an Airplane Guide	23 Set Up A Family Watch System!	24 When using public bathrooms
25 Ask questions before planning a tour	26 Use Visual Supports	27 Make a checklist of essential items	28 Be Flexible	29 Rent your wheelchair oversees	30 Pack for a healthy trip	31 Create a Travel Reference Sheet for your next trip

31 tips when traveling with a loved one with IDD

We are heading into the busiest travel time of the year. Traveling can be challenging for everyone, especially for someone with a disability. So, we've put together a list of tips to help make traveling a little easier.