

COMMUNITY OUTINGS AND STAYCATIONS

We initially started this manual to help novice SCI individuals plan for new travel excursions domestically and internationally. However, as the world changed, travel was redefined as a means to reintegrate back into the community. This guide evolved to include community outings and staycations. In fact, we recommend that novice travelers use this manual to test the waters in their own communities! Use the above information to create a question worksheet and plan a trip to a restaurant, museum, recreational park, or concert venue. If planning a major outing still feels overwhelming, start small and go slow. Consider running simple errands just to practice preparing, packing, and leaving home for incrementally longer periods of time.

Before going out into the community, travelers should consider the “Four P’s.” These include *planning* what needs to be done, *prioritizing* errands based on importance, *pacing* to give enough time for each activity, and *positioning* oneself for success in the built environment.

Plan	Prioritize
<ul style="list-style-type: none">• Identify where to go.• Determine transportation to get there (see below).• Make appointments ahead of time.• Determine times when stores are the least busy to decrease obstacles.• Write a list of items needed to buy at a store or a list of questions for a medical professional.• Complete all self care tasks, particularly bowel and bladder routines, to help prevent accidents and limit trips to the bathroom while in the community.• Bring necessary items to make the trip successful.	<ul style="list-style-type: none">• Pick a day of the week when one can prioritize the community outing over other responsibilities.• Do not try to complete a shower, all household management tasks, bill management, etc. on the same day of the trip to save energy for the outing.• If running multiple errands, prioritize the most important ones first.
Pace	Position
<ul style="list-style-type: none">• Ensure enough time is left between errands, particularly for appointments that are time sensitive or if public transportation is being used.• While at different locations, ensure plenty of time to take rest breaks as needed to avoid feeling rushed.	<ul style="list-style-type: none">• Picture the built environment to increase preparedness for potential barriers that may arise.• Call the location for additional information if needed. Below is a list of questions to use for guidance.

Table 15: The four P’s of community travel

Community Outing Packing Checklist

Shorter community outings require less mobility and ADL needs compared to longer trips. Below is a list of various items and accessories that can increase independence during a community outing. This list is not meant to be an exhaustive one but is designed to help the SCI traveler to troubleshoot while out in the community. We recommend having an “errand” or “emergency” backpack / knapsack on one’s person or in one’s vehicle with the most essential items. Similar to a “carry-on” luggage, it should, at the very least, contain one’s personal information / medication list, first aid kit, hygiene kit, bowel and bladder supplies, and a change of clothes. If planning a staycation at a local hotel, build a checklist based on day-to-day needs as a starting point and edit the list to include only what will be needed.

Items	Potential Uses
<p>Various Carrying Options</p> <ul style="list-style-type: none"> • Backpack • Armrest Tote • Under seat bag • Drainage bag holder • Cup holder 	<p>These carrying options are useful to:</p> <ul style="list-style-type: none"> • Hold newly bought items. • Keep a cell phone within reach. • Keep bladder equipment out of sight. • Stay hydrated during the outing. • Keep hands free for easier wheelchair mobility.
<p>Adaptive Equipment</p> <ul style="list-style-type: none"> • Grabber • Long handled mirror • Upper extremity splints/braces • Wheelchair gloves • Wheelchair power assist 	<ul style="list-style-type: none"> • Grabbers are helpful to obtain items dropped on the floor or out of reach at a store. • Long handled mirrors can be used for bathroom needs or to see inside containers on high shelves. • Splints and braces can help with eating a snack or with performing wheelchair mobility. • Power assist devices can help save energy.
<p>Personal Items</p> <ul style="list-style-type: none"> • Cell phone • Daily medications • Bowel and bladder equipment • Medical information (autonomic dysreflexia card or medication list) • Disability parking permit 	<p>These personal items are useful to:</p> <ul style="list-style-type: none"> • Contact family or friends in case of emergency. • Care for bowel and bladder needs. • Share information in case of an emergency.

Table 16: Community outing packing checklist and potential uses

Local Transportation

Traveling within the local community is largely dependent on proximity to desired locations and access to transportation, whether that be with a personalized vehicle, public transportation, or utilizing a pick up service. Access to transportation for PwDs still pose some limitations despite the passing of the ADA, however there have been major improvements and increased options.

Owning a personal vehicle with specific modifications based on an individual's injury (see Figure 3) is now more available. We recommend scheduling an appointment at a driving clinic with an occupational therapist or driving evaluator to determine appropriate modifications and dealerships if interested in purchasing one. While owning a personal vehicle allows for increased flexibility, cost may be a deterrent. We still, however, recommend speaking to a specialist to educate PwDs on options and possibilities for increasing mobility independence in the community.

Public transportation including bus and rail systems have become more accessible, and provides a more cost-effective option for travel for SCI individuals. We recommend researching one's local public transportation system and utilize the questions in previous transportation sections to plan a trip. Make sure to consider the following information:

- Wheelchair / Assistive device measurements.
- Weight regulations.
- Accessibility of bus/train.
- Accessibility of stations.
- Priority seating.
- Discounts and perks.

If a person is functionally unable to use the fixed bus route system due to disability, one can apply to become eligible for ADA paratransit. Paratransit allows individuals to call and book transportation for door-to-door service as long as it is within $\frac{3}{4}$ of a mile to a defined bus route. The American Disabilities Act, title 49, subpart F clarifies the standards and process to become eligible for this service. Below are resources to assist with this process.

- Disability Rights Education and Defense Fund
 - <https://dredf.org/ADAtg/elig.shtml>
 - <https://dredf.org/news/publications/ada-paratransit-eligibility/>

Community Destinations

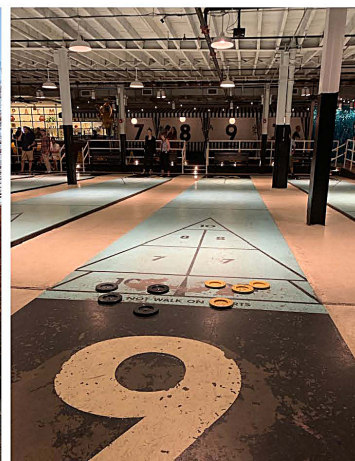
The following is a modified list of questions for community outings. We have also put together location specific questions to places that are most commonly visited on a day to day basis.



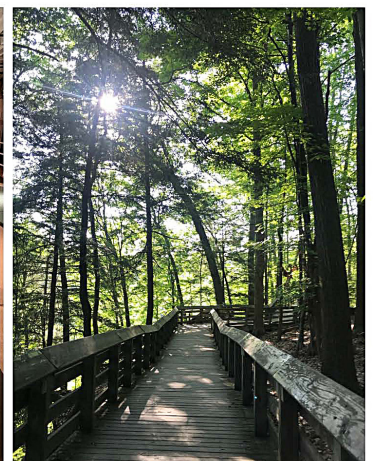
Yoga studio, Queens, New York, USA.



Lakewood Park, Lakewood, Ohio, USA.



Royal Palms Shuffleboard Club, Brooklyn, New York, USA.



Cuyahoga Valley National Park, Northfield, Ohio, USA

GENERAL QUESTIONS FOR COMMUNITY LOCATIONS

- How many handicap parking spots are available?
- How much space is in between the handicap parking spots?
- What day of the week and times are typically most busy?
- Are there accessible entrances / ramps? Are there automated doors? Elevators?
- How wide are the doorways?
- Is there an accessible bathroom?

LOCATION SPECIFIC QUESTIONS

Physician Office/Dentist

- Is it possible to complete the exam in a personal wheelchair?
 - If not, is the exam table at a lower height to accommodate transferring from my wheelchair?
 - Are personnel skilled to assist me to transfer if needed?
- Will the exam equipment and imaging devices accommodate someone in a wheelchair?
- Is any equipment to assist with tilting my manual wheelchair during the exam offered (for example the Versatilt device)? If not, can accommodations be made?

Places of Worship

- Is there a dedicated wheelchair seating section available for me and my companion?
- Are rows and isles wide enough for a wheelchair?

Barber Shop / Beauty Salon / Spa

- Is it possible to receive a haircut in a personal wheelchair?
- How tall is the sink? Is it possible to wash hair using a washing tray or inflatable shampoo bowl if brought?
- Is it possible to allow extra time for appointments?
- Is there staff willing to assist with positioning in a wheelchair as needed if I can direct what to do?

Nail Salon

- How tall are the nail tables?
- Is there space underneath to fit a wheelchair?

continued on next page

LOCATION SPECIFIC QUESTIONS, *continued*

Gym / Health Club

- Do you have weight machines that are accessible for me in a wheelchair?
- Are your locker rooms wheelchair accessible?
- Are there staff members with experience helping individuals in a wheelchair? Can they help develop a workout plan?
- Can a caregiver accompany me, for no additional cost, to help with equipment set up and transfers?
- Are adaptive equipment / sports offered?

Stores

Grocery
Local Businesses
Shopping Malls

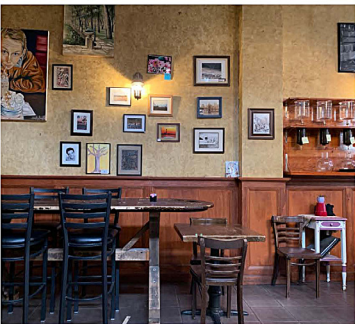
- Are there scooters or other wheelchair friendly carts?
- How wide are the aisles and check out lanes?
- When is the store typically the least busy?
- What day of the week are shipments received?
- Are staff members available to assist individuals in a wheelchair to push their cart or obtain items out of reach?

Entertainment

- See Attractions section

Local Parks and Recreation

- See Local Parks and Recreation section



Babylon Bean Coffee House,
Babylon, New York, USA.



Belmont Stakes, Queens,
New York, USA.



Peace, Love, & Little Donuts,
Fairview Park, Ohio, USA.



Progressive Field, Cleveland,
Ohio, USA.