

# Respite... YOU deserve it!

**Vacations and Resorts which provide Respite**

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This article looks at some different options for vacations at resorts or attractions which offer accommodations to the disabled community.

## **Vacation Resorts**

For some families, a vacation means going to a resort in a warm location, with lots of beach time. Many resorts are not as able to support individuals with a special need, but some are willing to try.

**Please note: It is important to talk to any resort to be sure they can accommodate your family's needs. A qualified travel agent is a good contact when planning this type of vacation.**

**Beaches Resorts** – This is the family branch of the Sandals resorts. They have locations in Jamaica and the Turks and Caicos islands. Their packages include accommodation at the resort with many different activities. A nanny service is available at an additional charge. They do advertise one to one nannies for children with special needs. All Beaches Resorts are wheelchair accessible except for one. <http://www.beaches.com/families>

**Franklyn D. Resorts** also offer family vacations at their resorts in Jamaica. Each family has their own vacation nanny included in the cost for their stay. They are also mobility accessible. [www.fdrholidays.com](http://www.fdrholidays.com) .

What kind of training do the nannies have? The article at the following website talks about the training and qualifications Beaches expects of their nanny staff.

[http://www.familyvacationsurvivalguide.com/articles/the\\_vacation/2008/08/the\\_insiders\\_guide\\_to\\_beaches\\_resorts\\_certified\\_child\\_care.php](http://www.familyvacationsurvivalguide.com/articles/the_vacation/2008/08/the_insiders_guide_to_beaches_resorts_certified_child_care.php)

Please be sure to describe your family member's particular needs. The nannies they provide may not have the skills you require to help your family member.

## **Amusement Parks**

Most amusement parks are wheelchair accessible. Do they offer more to your family?

DisneyWorld and Disneyland have good accommodations for disabilities. They offer support for mobility issues, hearing needs and visual needs as well as accommodating things like service

animals and offering special passes to remove long waits in line. Their services are listed at <http://disneyworld.disney.go.com/plain-text> .

If you are looking for a Canadian amusement park, Canada's Wonderland is a well established vacation spot. They also offer wheelchair accessibility and special passes so you do not have to wait in line for a long time. The pass allows you to return to the ride at a specific time and you can walk right on to the ride. This pass is available for people with other special needs, for instance a person with autism who is not able to wait for long periods of time. Not all special needs are automatically entitled to these passes. It may be necessary to provide some documentation to explain why your family member needs this pass.

Ontario Place in Toronto is a great place for a family to enjoy a day outside. It offers many different parks. The Water Park is really fun, and suitable for all ages and stages. There is also the largest soft play structure in the country, and a Super Slide. Ontario Place allows 1 complimentary Toronto Star Play All Day Pass with the purchase of a Grounds or Toronto Star Play All Day admission when a caregiver is accompanying a guest with a special need. For information on Accessibility see [http://www.ontarioplace.com/en/06\\_visitor/accessibility.html](http://www.ontarioplace.com/en/06_visitor/accessibility.html) .

If you are planning a trip to an amusement park, think about the following:

#### Accommodations and Services to Check

- Is there a reduced cost for admission for visitors with disabilities?
- Is documentation of the disability required?
- Does the park provide a pamphlet or booklet that is a guide to the park's accessibility?
- Can wheelchairs be rented at the park? Is there a fee? Are electric wheelchairs available?
- Which rides, shops and restaurants are accessible?
- Is there a special pass to avoid lines?
- Does the park provide personnel to aid in getting on and off rides?
- What types of emergency medical services are available in the park?
- What buildings / services in the park are available to take a break from the heat?
- What accommodations are made for service / guide dogs?

#### Things to Take

- Documentation of disability
- Accessibility parking tag
- Park guidebook
- Special equipment needed
- Medications
- Emergency information: medical condition, allergies, medications, doctor contact
- Water
- Healthy energy snacks

Don't forget, respite is not always having someone else care for your family member. Families can enjoy time relaxing on a beach or traveling if the proper accommodations are in place. Research and plan your vacation so you can enjoy your time together.

Some websites with good information:

[http://www.ucp.org/ucp\\_channel.doc.cfm/1/18/111/111-111/3910](http://www.ucp.org/ucp_channel.doc.cfm/1/18/111/111-111/3910)

<http://www.access-able.com>

<http://www.disabledtravelers.com>

<http://www.travelmuse.com/articles/special-needs/accessible-beaches>

The topic of next week's Family Caregiver Weekly is: **Recreation Therapy – Putting everyone into the game!**

This article can also be found at: [www.caregiversns.org](http://www.caregiversns.org)

Previous issues of the Family Caregiver Weekly can be found at:

<http://www.caregiversns.org/RespitePartnership.php>

Comments? **Talk to us!**

**See you next week!**

**The Nova Scotia Partnership on Respite, Family Health, and Well-Being is made up of:**

Autism Society of Nova Scotia; Caregivers Nova Scotia Association; Central Region Respite Society; Halifax Association for Community Living; IWK Health Centre – Autism Research Centre; IWK Health Centre – Children's Health Program; IWK Health Centre – Social Work; Northern Region Respite Services; Nova Scotia Advisory Council on the Status of Women; Nova Scotia Association for Community Living; Nova Scotia Department of Community Services (Services for Persons with Disabilities); Nova Scotia Disabled Persons Commission; Progress Centre for Early Intervention; Society for the Treatment of Autism; Spina Bifida Association; and Yarmouth Association for Community Residential Options (YACRO).

The information contained in this Family Caregiver Weekly article is not intended to be formal legal or financial advice. It has been gathered from a variety of sources and is provided as an introduction to the topic. It is not complete and should not be used in the place of professional advice or consultation.

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