

TRAVEL TIPS & SUPPORTS

QUICK REFERENCE GUIDE FOR FAMILIES

HELPING YOUR FAMILY TRAVEL SAFELY, COMFORTABLY & SUCCESSFULLY



PREPARE • PLAN • SUPPORT • SUCCEED

Preparation and supports make the journey smoother for everyone!



BEFORE YOU TRAVEL

Practice the plan and prepare for success.

- ✓ Review your travel schedule
- ✓ Talk through each step of the trip
- ✓ Use a visual schedule or checklist
- ✓ Look at photos/videos of the airport, hotel, and conference
- ✓ Discuss what happens if plans change



PACK COMFORT SUPPORTS

Bring items that help with comfort and regulation.

- 🎧 Headphones, AirPods, or earplugs
- 🍏 Favorite snacks and drinks
- 🖐️ Fidgets or sensory tools
- ❤️ Comfort item
- 📱 Tablet/device and charger
- 🕶️ Sunglasses or hat



HAVE A PLAN B

Think ahead and be ready for changes.

- ✓ Where can we take breaks?
- ✓ Where are quiet spaces?
- ✓ What if someone gets overwhelmed?
- ✓ What helps us calm down?

AIRPORT & AIRLINE SUPPORTS



TSA CARES

855-787-2227

Free assistance for travelers with disabilities, medical conditions, or support needs.

Request at least 72 hours before travel for:

- ✓ Help through security
- ✓ Extra explanations
- ✓ Additional time
- ✓ Sensory accommodations



SUNFLOWER LANYARD PROGRAM

A discreet way to let staff know a traveler may need:

- ✓ Extra patience
- ✓ Additional support
- ✓ More processing time

Check your airport website to see if they participate.



AIRLINE ASSISTANCE

Available at no cost:

- ✓ Wheelchair assistance
- ✓ Gate-to-gate support
- ✓ Early boarding



Many families use these services to reduce stress, prevent fatigue, and simplify transitions.



CALMING STRATEGIES

5-4-3-2-1 GROUNDING

Find:

- 5 👁️ things you see
- 4 🖐️ things you feel
- 3 👂 things you hear
- 2 👃 things you smell
- 1 🗑️ thing you taste

DEEP BREATHING

Breathe in for 4



Hold for 4
Breathe out for 4

HELP REDUCE ANXIETY WITH EXPECTATIONS

Many people become anxious because they don't know when something will end. Try saying:

- 👤 "After security, we'll get breakfast."
- ✈️ "After boarding, you can watch your show."
- 🚶 "After this session, we'll take a break."



CONFERENCE SUCCESS TIPS

- 👤 Build in quiet breaks
- 🚶 Take walks outside when needed
- 📅 Keep familiar bedtime routines
- 👤 Use checklists and first/then visuals
- 🧠 Focus on flexibility, not perfection



Remember

Travel doesn't have to be perfect to be successful. Preparation, supports, flexibility, and realistic expectations help create positive experiences and lasting memories.

Every successful trip builds confidence, independence, and connection.



★ You know your loved one best. ❤️ Trust your plan. You've got this! ★