

# Bridging to Adulthood Tips: Travel Resources for Youth and Adults with Disabilities

The following resources may be a starting point for exploring accessible travel options and travel planning for adults with disabilities. Resources are for travel in Ontario, Canada and beyond.

## General Considerations for National and Internal Travel

- If traveling within Canada, there are regulations, codes and guidelines to help protect the rights of people with disabilities.
- If traveling internationally, accessibility regulations and standards can vary a lot from country to country. Some destinations do not have facilities or services to accommodate people with disabilities. The Government of Canada recommends contacting your destination country's embassy or consulate in Canada to ask about potential supports for international travelers with disabilities.

Reference: Government of Canada. (2022, April 1). *Traveling with disabilities*. Canada Travel and Tourism. <https://travel.gc.ca/travelling/health-safety/disabilities>

- For any trip, it is recommended that you plan well in advance. Contact the carriers and service providers you will be using to explain your needs and arrange accommodations ahead of time.

This [Reservation Checklist for Persons with Disabilities](#) from the Canadian Transportation Agency may be helpful when planning your trip.

## Accessible Travel in Ontario and Beyond

- **Destination Ontario** has lot of information on [Accessible Travel in Ontario](#). You can search for places, accommodations and attractions with various accessibility features e.g. beaches with access routes for mobility devices, accessible recreation trails, places with readily available electrical outlets for assistive devices, universal washrooms, and more.
- **March of Dimes Canada** offers [Accessible Travel Services](#) for international destinations.

### Holland Bloorview Kids Rehabilitation Hospital

150 Kilgour Road, Toronto ON Canada M4G 1R8 T 416 425 6220 T 800 363 2440 F 416 425 6591 [hollandbloorview.ca](http://hollandbloorview.ca)

A teaching hospital fully affiliated with the University of Toronto.

## Airplane Travel

- [Canadian Air Transport Security Authority](#) offers information on traveling with various medical, physical, sensory and/ or cognitive disabilities.
- The **Canadian Transportation Agency** has publications including:  
[Take Charge of Your Travel: A Guide for Travellers with Disabilities](#) and  
[Accessible Transportation for Persons with Disabilities Regulations](#) (including ASL video)
- [Travel by Air](#) tips are provided by the **Government of Canada** for national or international flights.

## Ferry Travel

- [Toronto Island Ferry](#) is wheelchair accessible. See website for further information.

## Motor Coach (Bus) Travel

- [Coach Canada](#) partners with [Easter Seals' Disability Travel Card](#) so that a support person can travel at a reduced rate.
- [Go Transit Busses](#) offers a range of accessibility features, including free travel of a support person in applicable situations.
- [Ontario Northland](#) offers accessibility features and accommodations, including a modified fee schedule for support persons.
- [Mega Bus](#) offers accommodations and tips for travelers with special requirements, including those that travel with a support person.
- For other motor coach companies, please contact customer service for more details.
- [Take Charge of Your Travel](#) has many tips for successful travel with a disability from the Canadian Transportation Agency.

## Taxi Travel

- Within Ontario, people with disabilities cannot be charged extra for using or storing a mobility device when traveling by municipal taxi. This is the law under the [Accessibility for Ontarians with Disabilities Act](#).

## Train Travel

- [Go Transit](#) offers a range of accessibility features, including free travel of a support person in applicable situations.
- [Via Rail Canada](#) offers a range of accessibility accommodations and services for train travel. [Easter Seals' Disability Travel Card](#) enables a support person to travel at a reduced rate on Via Rail for applicable people with permanent disabilities.
- [Take Charge of Your Travel](#) has many tips for successful travel with a disability from the Canadian Transportation Agency.

## Tips for Booking Wheelchair Accessible Hotels

- The [Rick Hansen Foundation](#) offers tips for booking a wheelchair accessible hotel room.

The information provided in this handout is for reference only. It is not intended as a recommendation or endorsement of specific programs, or as a comprehensive resource list.

This handout is brought to you by Holland Bloorview's Transitions Team  
Contact: Laura Thompson, OT Reg. (Ont.), Team Lead & Occupational Therapist  
416-425-6220 ext. 3686, [ltompson@hollandbloorview.ca](mailto:ltompson@hollandbloorview.ca)

Last updated: 07/07/2022