

## Ensuring Every Holiday Moment Counts

This Holiday article guides ensuring safe and secure holiday planning, which can be crucial for individuals with disabilities such as those affected by polio. The emphasis on accessibility, accommodations, and securing appropriate insurance coverage aligns well with the specific needs of those managing conditions like post-polio syndrome. Additionally, the mention of the Radar Key, which grants access to locked public toilets, may be of particular interest to members seeking accessible facilities while travelling. Overall, this guide offers tailored advice to help members of the British Polio Fellowship enjoy worry-free and fulfilling travel experiences.



### When Searching for Holidays

#### Online Safety:

- Conduct thorough research on your holiday options, including flights and accommodations, and verify the legitimacy of websites through reviews on platforms like TripAdvisor.
- Ensure the existence of accommodations by checking Google Maps and independent reviews.
- Use secure payment methods, preferably credit cards, and avoid bank transfers to unfamiliar entities to minimize the risk of fraud.
- When booking via Airbnb, communicate and pay through their secure platform to safeguard personal information and payments.
- Verify the credentials of travel agents and tour operators through trade associations such as ABTA or ATOL.
- Utilize resources like [getsafeonline.org/checkawebsite](https://getsafeonline.org/checkawebsite), to assess the legitimacy of booking websites.
- Always review terms and conditions before making payments and ensure secure payment pages (<https://>) with a locked padlock icon.
- Keep records of confirmations, receipts, and monitor bank/credit card statements for irregularities. Report any fraud immediately to your bank and relevant authorities.

## UK Holiday Resources:

- Access the "Rough Guide to Accessible Britain" for detailed information on accessible attractions in the UK, available for free download on the Motability website or for purchase on Amazon:
  - [https://www.motability.co.uk/-/media/downloads/rough-guide-to-accessible-britain/rough\\_guide\\_to\\_accessible\\_britain\\_2022.pdf](https://www.motability.co.uk/-/media/downloads/rough-guide-to-accessible-britain/rough_guide_to_accessible_britain_2022.pdf)
  - <https://www.amazon.co.uk/Rough-Guide-Accessible-Britain/dp/1848366582>
- Obtain a Radar Key for access to locked public toilets, available for purchase at Tourist Information centres or on the RADAR website.

## Insurance and Healthcare:

- Purchase travel insurance promptly after booking to ensure coverage for unexpected events.
- Disclose pre-existing conditions to insurance companies to avoid invalidation of claims.
- Obtain a Global Health Insurance Card (GHIC) for emergency medical care at reduced or no cost in the visited country.
- Remember that GHIC does not substitute travel insurance or cover private treatments. Apply for or check the validity of your GHIC on the NHS website.

<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/#:~:text=The%20UK%20GHIC%20has%20replaced,before%20your%20current%20card%20expires.>

## REMEMBERING THE LITTLE THINGS

**MEDICATION:** a copy of all the medication, this will help to let other people know what they may need in case of an emergency. Making sure you have sufficient enough of each.

**VACCINATIONS:** Check the requirement of the vaccines to the country you are visiting:  
<https://www.nhs.uk/conditions/vaccinations/>.

Boots also provides travel vaccinations and health advice: <https://www.boots.com/healthhub/travel-health-advice/travel-vaccinations>. NHS pharmacies offer the vaccination service too. **Some travel vaccinations are usually available free on the NHS, please do check for this with your GP.**

**COPIES OF DOCUMENTS:** Take a copy of all documents including passports, travel insurance, flight and transfer details, hotel details and any other relevant information.

**EMERGENCY NUMBERS:** Find out emergency contact numbers for the holiday destination, taxi numbers and any local hospitals to where they are.

These precautions and resources aim to facilitate safe and enjoyable travel experiences for members of the British Polio Fellowship.

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**The material in this article is provided solely for informational purposes. Please consult with the appropriate authorities on your specific circumstances**