

Planning Accessible Travel With FND

Planning travel with Functional Neurological Disorder often involves additional considerations related to access, pacing, and recovery. Because symptoms and capacity may fluctuate, preparation can help reduce unnecessary strain and support safer travel experiences.

This planning resource focuses on **how to think about accessibility and logistics when planning travel**, rather than how to travel in a specific way or how symptoms should behave.

Clarifying the Purpose and Scope of the Trip

Travel plans are easier to shape when the purpose of the trip is clear.

It may help to consider:

- the reason for travel
- how long the trip will last
- whether travel is optional or required
- which activities are essential versus optional

Clarifying scope supports realistic planning.

Considering Transportation and Mobility Needs

Transportation can significantly affect capacity.

Planning may involve:

- considering distance and duration of travel
- anticipating time spent sitting, standing, or walking
- identifying accessibility supports when available

Mobility needs may change during travel and may require flexibility.

Building Time for Rest and Recovery

Travel often requires more recovery time than routine activities.

Planning may include:

- spacing activities across days
- allowing downtime between travel segments
- avoiding tightly packed schedules

Rest planning supports steadier participation.

Preparing for Sensory and Environmental Factors

New environments can increase sensory load.

It may help to:

- anticipate noise, lighting, or crowd exposure
- plan quieter alternatives when possible
- limit exposure duration rather than avoid activities entirely

Preparation can reduce unexpected strain.

Planning for Support and Flexibility

Travel plans benefit from flexibility.

This may involve:

- having backup plans for low-capacity days
- communicating limits with travel companions
- allowing plans to change without pressure

Flexibility supports safety and comfort.

Planning for Return and Recovery After Travel

The impact of travel may continue after returning home.

Planning may include:

- scheduling lighter days after travel
- delaying non-essential commitments
- allowing time to re-establish routines

Recovery planning is part of accessible travel.

Supporting Accessible Travel Through Thoughtful Planning

Planning accessible travel with Functional Neurological Disorder involves balancing logistics, capacity, and flexibility. When travel plans are realistic and reviewable, they can help reduce strain and support safer participation.

This resource is intended to support informed, respectful travel planning without pressure to travel in a particular way

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