

# Travelling by bus and coach

All bus and coach companies have a legal responsibility to provide reasonable assistance to disabled people, so you should be able to travel if you plan ahead.

For simple journeys, like going into town on your local bus, check online to see about wheelchair access, or give them a call. Alternatively, make a test trip without your heart child to assess the challenges and take it from there. You know exactly what your child needs and can contact the company direct with any queries or requests.

For longer journeys, make sure you contact the bus or coach company direct to find out about access before planning your trip. If you need help to get on and off a coach, you should let them know before booking your ticket. You also need to ask about comfort stops and toilet arrangements on board, so that you can plan ahead. Make sure you explain your heart child's needs in terms of access and support.

If you need to carry oxygen, make sure you speak to someone in authority so you can ask for their advice and follow their procedures.

When packing a bag for your bus or coach journey, remember the following things:

- Medications for the duration of the journey, plus extra in case of delays and in a cool bag if necessary
- Food and drink
- Books and games to keep your child entertained
- Change of clothing in case of accidents or spillages
- A charged mobile phone