

Holidays

There are a number of organisations which provide 'disability friendly' holidays. There are too many companies to list – and we aren't able to check them all out for quality.

As with any holiday you need to check that you are covered by ABTA and ATOL and that you take out all the necessary cover and insurances to ensure that you are not left out of pocket should anything happen.

A good local source of information is Dementia Adventure.

Dementia Adventure offer small group, supported holidays for people with dementia and their partners, family, friends or carers to enjoy together – ideal for people for whom traditional models of respite that separate families doesn't appeal.

<https://dementiaadventure.co.uk/what-we-do/our-holidays/>



The popular travel reviewers Lonely Planet have a free downloadable book especially written for travellers with additional needs.

<https://shop.lonelyplanet.com/products/accessible-travel-online-resources>

It includes:

- Special assistance pages for the world's 20 busiest airports according to passenger numbers
- Special assistance pages for most of the world's major airlines
- In-depth profiles of 11 of the world's leading accessible travel bloggers
- Links to accessible travel forums where you can ask questions or share your experiences



**Essex
Carers
Support**



Get in touch...

01255 474410

admin@essexcarerssupport.org.uk

<https://www.essexcarerssupport.org.uk/>