

Factsheet

Help with getting around

If you're disabled, or have a long-term health condition or mobility problems, travelling can be difficult. However, you do have certain rights and there is help available to make getting around easier.

This factsheet includes information about the Blue Badge scheme, community transport, help with costs and accessible travel.



Call free on **0800 319 6789**
Visit **[independentage.org](https://www.independentage.org)**

About Independent Age

At Independent Age, we want more people in the UK to live a happy, connected and purposeful later life. That's why we support people aged over 65 to get involved in things they enjoy. We also campaign and give advice on the issues that matter most: health and care, money and housing.

For information or advice – we can arrange a free, impartial chat with an adviser – call us on freephone **0800 319 6789** (Monday to Friday, 8.30am to 5.30pm) or email us at advice@independentage.org.

You can also support this work by volunteering with us, joining our campaigns to improve life for older people experiencing hardship, donating to us or remembering us in your will.

For more information, visit independentage.org or call us on **0800 319 6789**.

In this factsheet, you'll find reference to our other free publications. You can order them by calling **0800 319 6789** or by visiting independentage.org/publications.

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1. Are you claiming all the benefits you're entitled to?

If you have a disability or a long-term health condition, you may be entitled to certain benefits, depending on your circumstances. It's worth finding out if you can claim. As well as providing extra money, these benefits may help you to get other concessions and benefits, such as a Blue Badge to help with parking, a free bus pass or support to lease mobility equipment.

Attendance Allowance

You can apply for Attendance Allowance (AA) if you've reached State Pension age and you have a long-term disability or health condition that means you need frequent help with personal care or supervision. AA isn't means-tested, so your income and savings aren't taken into account. You can spend it however you want – you don't have to use it to pay for a care worker – so you could choose to spend it on taxis, for example, to help you get around.



To do

See our guide [Attendance Allowance](#) for information about the eligibility criteria and how to claim.

Personal Independence Payment

Personal Independence Payment (PIP) is a benefit for people living in England or Wales who have extra care needs as a result of a disability. If you have difficulties with daily living activities or mobility because of a disability or long-term mental or physical health condition, you may qualify. You can claim PIP no matter your income, whether you're getting other benefits, whether you have savings or if you're working.

Adult Disability Payment

Adult Disability Payment (ADP) is replacing PIP and Disability Living Allowance in Scotland. If you already receive PIP from the Department for Work and Pensions, you do not need to apply for ADP because your benefit will be moved automatically.

You can apply for ADP if you have a disability or long-term health condition that affects your everyday life, or if you have a life-limiting illness.

You can visit mygov.scot/adult-disability-payment/applicants to check if you qualify to receive ADP.



To do

See our factsheet [Disability benefits for adults under State Pension age](#) for more information.

To find out if you can claim these or any other benefits, contact Independent Age to arrange a free benefits check ([0800 319 6789](tel:08003196789), independentage.org) or try our online benefits calculator (independentage.org/benefits-calculator).

2. Getting a Blue Badge

If you have a disability or health condition that affects your walking, or you have a hidden disability such as dementia, autism or Parkinson's, you may be able to get a Blue Badge from your local council.

A Blue Badge can help you park closer to your destination. If you're a Blue Badge holder travelling either as a driver or passenger, you can park for free in disabled parking bays and you may be exempt from other parking restrictions. It lasts for up to three years.

A Blue Badge usually gives you parking concessions such as:

- free parking at parking meters and pay and display bays
- parking on some single or double yellow lines for up to three hours unless there is a 'no loading' restriction. You'll receive a parking clock along with the badge and you'll have to display it on the dashboard where there are time limits. You can use a Blue Badge with any car, including taxis.



Good to know

A Blue Badge is intended for on-street parking. Places like hospital and supermarket car parks have their own rules. There may be other restrictions in your area, so contact your council to find out about local rules. Call the Local Government Association on **020 7664 3000** or visit [gov.uk/find-local-council](https://www.gov.uk/find-local-council).

Some central London boroughs run their own schemes, with badges in a different colour. You may be able to use a Blue Badge in those areas, but you should check first.

You may be exempt from paying the Congestion Charge in London and other large cities if you're disabled. Contact the city's transportation authority to check.

Who can get a Blue Badge?

Some people qualify automatically. You may also qualify through the assessment process carried out by your local council, but you'll have to provide additional information.

People who qualify automatically

You automatically qualify for a Blue Badge if at least one of the following applies to you:

- you get the higher rate of the mobility component of Disability Living Allowance (DLA)
- you get Adult Disability Payment (ADP) and you scored eight or more points under the 'moving around' section of the mobility component
- you get ADP and you scored 12 points under the 'planning and following a journey' section of the mobility component
- you get Personal Independence Payment (PIP) because you can't walk more than 50 metres (a score of eight points or more under the 'moving around' section of the mobility component)
- you get the mobility component of PIP and scored 10 points specifically for descriptor E under the 'planning and following journeys' activity (in England and Wales)
- you get the mobility component of PIP and scored 12 points specifically for descriptor E under the 'planning and following journeys' activity (in Scotland)
- you're certified blind (severely sight impaired)
- you receive a War Pensioner's Mobility Supplement (WPMS)
- you've received a lump sum benefit from the Armed Forces Compensation Scheme (AFCS) (tariff 6) for a permanent mental disorder (in Wales)
- you've received a lump sum benefit from the AFCS (tariff levels 1–8) and you've been certified as having a permanent and substantial disability.

There are other circumstances under which you may qualify for a Blue Badge. For more information, contact our Helpline (**0800 319 6789**) to arrange to speak to an adviser.

People who may qualify

You may qualify if one of the following applies:

- you cannot walk at all
- you can't walk unless you have help from someone else or use mobility aids
- you find walking or the result of walking very difficult because of breathlessness, pain or the time it takes
- walking is dangerous to your health and safety
- you have a life-limiting illness (see [page 10](#))
- you drive regularly and have a severe disability in both arms that means you can't operate pay and display parking machines
- you're always a significant risk to yourself or others near vehicles, in traffic or car parks
- you find it impossible to control your actions and you're not aware of the impact you could have on others
- you have severe difficulty planning or following a journey
- you often become extremely anxious or fearful of public or open spaces.

This list doesn't cover every situation. You can find more information about who may be able to get a Blue Badge on these government websites:

- England – [gov.uk/government/publications/blue-badge-can-i-get-one](https://www.gov.uk/government/publications/blue-badge-can-i-get-one)
- Scotland – mygov.scot/apply-blue-badge/eligibility
- Wales – gov.wales/blue-badges-eligibility-html.

You can also ask your local council ([020 7664 3000](tel:02076643000), [gov.uk/find-local-council](https://www.gov.uk/find-local-council)). If you don't automatically qualify to get a Blue Badge, the application process can be more complicated. You may want to contact Citizens Advice (see [page 11](#) for contact details) or Age UK for help with the application.

How to apply for a Blue Badge

You can apply online at [gov.uk/apply-blue-badge](https://www.gov.uk/apply-blue-badge) or contact your local council for a paper version of the form ([gov.uk/find-local-council](https://www.gov.uk/find-local-council)).

If you are in Scotland and you are applying because you have a mental condition that means you lack awareness about the dangers of traffic, you cannot apply online. Contact your local council for a paper application form.



Remember

Don't apply for a Blue Badge from anywhere else. If another organisation is offering a Blue Badge, it may be a scam.

When you apply for or renew a Blue Badge, you will need:

- the details of your current Blue Badge (if you have one)
- a recent digital or signed photo showing your head and shoulders
- your National Insurance number
- proof of identity such as a birth or adoption certificate, marriage or civil partnership certificate, passport, ID card or driving licence
- proof of your address – for example, a GP or hospital letter, driving licence, Council Tax bill or a utility bill from the past three months
- recent proof of benefits
- a Certificate of Vision Impairment, if relevant. You can get this from your eye specialist. Contact the RNIB for more information ([0303 123 9999](tel:03031239999), [rnib.org.uk](https://www.rnib.org.uk)) or speak to your GP.

Providing evidence

If you're receiving benefits, you'll need the decision letter that confirms your eligibility. This will be from the Department for Work and Pensions (for PIP and DLA), Social Security Scotland (for ADP) or the Ministry of Defence (for AFCS or WPMS). For PIP, you'll need to include the scores from your mobility assessment. For DLA, you'll need your mobility rating. If you've lost your decision letter, you can ask for a replacement.

When you apply online, you can upload a photo or scan of your documents. If you make a paper application, send copies of any documents, not the originals.

Your council may only accept paper applications with certified copies of your documents. In this case, you will need to get your copies certified by a professional, such as a solicitor, who will verify your documents. They may charge for this.

If you're not receiving any of the qualifying benefits, you'll have to provide extra information. This might include details of:

- your medication
- treatments that you receive or you're going to receive
- healthcare or other professionals involved in your treatment.

You'll have to answer questions about how your condition affects your walking or, if you have a hidden condition such as autism or anxiety, how it affects journeys between your vehicle and where you're going. You may have to send copies of prescriptions and letters from the people treating you, or attend a mobility assessment.

It can take up to three months to process your application, depending on your council and whether you need more assessment. Ask them how long it's likely to take.

If you have a life-limiting illness

You may be able to get a Blue Badge if you have a life-limiting illness that means you can't walk or you find walking very difficult. You'll need to ask your GP or consultant to complete a DS1500 form, giving information about your condition. Your application may be fast-tracked.

What you can do if you're turned down

If your application is turned down, your council will write to you to explain why. You can write and ask for a review, explaining why you think the decision is wrong. Ask your council what you need to do, as each one has a different review process. You should give as much detail as possible and include anything you forgot to mention when you applied or any new information. Your local Citizens Advice can help you write your letter:

- England – **03444 111 444**, citizensadvice.org.uk
- Scotland – **0800 028 1456**, cas.org.uk
- Wales – **0800 702 2020**, citizensadvice.org.uk/wales.

Renewing your Blue Badge

Blue Badges are usually valid for three years and you must reapply before it expires. Your council may send you a reminder three months before it runs out, but you should also make a note of when it expires.



Remember

You must return your Blue Badge if you no longer need it, or when you get a new one. You should also let your council know if your situation changes – for example, if your condition improves or your entitlement to benefits changes. If you don't, you could be fined up to £1,000.

The badge is for your use only. Someone else can use it if they're picking you up or dropping you off, but you can't lend it to someone to go and do shopping for you, for example. For more information about your rights and responsibilities, ask your council or visit:

- England – gov.uk/government/publications/the-blue-badge-scheme-rights-and-responsibilities-in-england
- Scotland – mygov.scot/blue-badge-eligibility
- Wales – gov.wales/blue-badges-your-rights-and-responsibilities.

3. Mobility equipment

If you get certain disability benefits, you can apply to the Motability Scheme to hire, buy or adapt an electric wheelchair, scooter or car. You'll need to be receiving one of the following:

- higher rate mobility component of Disability Living Allowance
- higher rate mobility component of Personal Independence Payment or Adult Disability Payment
- Armed Forces Independence Payment
- War Pensioners' Mobility Supplement.

Your qualifying benefit must usually have a minimum of 12 months still to run.

If you qualify, you can exchange your benefit allowance for suitable mobility equipment. Your payment goes directly to Motability. You may have to make additional payments depending on your agreement. The agreement covers insurance, servicing, maintenance, breakdown cover and repairs. Contact Motability for more information (**0300 456 4566**, [motability.co.uk](https://www.motability.co.uk)).

If you don't qualify for the Motability scheme, you could consider renting, buying or adapting a mobility scooter or electric wheelchair privately. Before you do this, it's a good idea to get an assessment from a physiotherapist or an occupational therapist. Contact your GP for advice.

There are many different types of scooter and powered wheelchair, so you'll need to do some research. A good starting place is the Research Institute for Disabled Consumers, an independent consumer research organisation for older and disabled people (**020 7427 2460**, [ridc.org.uk/features-reviews/out-and-about](https://www.ridc.org.uk/features-reviews/out-and-about)). You could also contact Living Made Easy (**0300 123 3084**, [livingmadeeasy.org.uk/mobility](https://www.livingmadeeasy.org.uk/mobility)) or, if you live in Scotland, Disability Information Scotland (**0300 323 9961**, [disabilityscot.org.uk/work-area/mobility-travel-transport](https://www.disabilityscot.org.uk/work-area/mobility-travel-transport)).



To do

For more information on mobility equipment, see our factsheet [Choosing disability equipment](#).

4. Help with travel costs

Travel can be expensive but there are ways you can reduce the costs.

Travel discounts

If you're over the age of 60, you may be able to get discounted fares on coach and rail travel. You'll need to buy a Senior Coachcard or Railcard to get the reductions.

Additionally, if you are over 60 in Scotland and Wales, or State Pension age in England, you could qualify for an older person's bus pass (time restrictions may apply).

You could also qualify for concessions on travel costs if you're disabled. The Disabled Persons Railcard gives you a third off rail fares for you and a friend. You'll qualify if you receive certain benefits, have a sensory impairment, or buy or lease a vehicle through the Motability scheme. For more information contact National Railcards (**0345 605 0525**, disabledpersons-railcard.co.uk).

You may also be able to get a Disabled Coachcard (**0871 781 8181**, nationalexpress.com/en/offers/coachcards/disabled).

In England, Scotland and Wales, you are entitled to free bus travel if you're disabled and meet the eligibility criteria. Your pass will be issued by your council and it will be valid in the country where the council is located. There are some time restrictions.

Patient transport services

You may be able to get free transport to and from hospital if your condition means that you need medical support during your journey or you find it difficult to walk. Speak to your GP or the healthcare professional who referred you to hospital to find out if you qualify, and how to access patient transport services (PTS).

PTS may not be available in all areas. In England, you may be able to get support to attend hospital appointments from your local Royal Voluntary Service (**0330 555 0310**, royalvoluntaryservice.org.uk/our-services/getting-out-and-about) or Age UK (**0800 169 6565**, ageuk.org.uk/services/in-your-area/transport).

If you live in Scotland, the Scottish Ambulance Service (scottishambulance.com/our-services/support-with-appointments) may be able to provide non-emergency transportation.

In Wales, the Welsh Ambulance Services NHS Trust offers non-emergency transportation to people who are unable to go to hospital appointments for medical reasons. Find out more at the Welsh Ambulance Services NHS Trust (ambulance.nhs.wales/services/non-emergency-patient-transport-service-nepts).

Healthcare Travel Costs Scheme

You may be able to claim back the cost of travel to and from hospital if you or your partner are getting certain benefits. You can make a claim at the time of your appointment if:

- at the time that you attend the appointment, you or your partner receive income support, income-based Jobseeker's Allowance, income-related Employment and Support Allowance, Working Tax Credit (WTC) with Child Tax Credit (CTC), WTC with a disability element, CTC without eligibility for WTC, Pension Credit, Guarantee Credit or Universal Credit
- you provide a referral from a hospital or healthcare professional indicating that you will need more NHS tests or treatment
- your referral was made during a different appointment.

If you are not on a qualifying benefit, you may still be able to claim the cost of travel to and from hospital if you are on a low income. In England and most of Scotland this means that your savings, investments and property (not including where you currently live) do not exceed £16,000 (or £23,250 if you live in a care home). In Wales, your income should not exceed £16,000 (or £24,000 if you live in a care home).

If you live in the Scottish Highlands or Islands, there is a maximum that you can pay for travel costs for healthcare. Visit [nhshighland.scot.nhs.uk/your-services/related-services-and-accessibility/travel-and-transport/financial-assistance-with-patient-travel](https://www.nhshighland.scot.nhs.uk/your-services/related-services-and-accessibility/travel-and-transport/financial-assistance-with-patient-travel) for more information.

If you regularly drive to hospital and have to pay parking charges, it might be worth checking whether the hospital has any parking concession schemes. Some hospitals have special schemes for carers or people with frequent outpatient appointments, for example. If you live in England or Wales, contact the Patient Advice and Liaison Service (PALS) at the hospital or ask your GP surgery where to find your nearest PALS office. In Scotland, contact the Patient Advice and Support Service.

Some charities, such as Royal Voluntary Service, may have a volunteer driving scheme that could offer transport services to hospital appointments ([0330 555 0310](tel:03305550310), royalvoluntaryservice.org.uk/our-services/getting-out-and-about).

Vehicle tax exemption

If you're receiving the highest rate mobility component of Disability Living Allowance, or the higher rate mobility component of Personal Independence Payment (PIP) or Adult Disability Payment (ADP), you should receive an exemption certificate, so you don't have to pay vehicle tax (also known as car tax or road tax). If you're receiving Armed Forces Independence Payment or War Pensioners' Mobility Supplement, you need to apply for an exemption certificate through Veterans UK ([0808 1914 218](tel:08081914218), gov.uk/government/organisations/veterans-uk).

If you get the lower rate mobility component of PIP or ADP, you're entitled to a 50% reduction in vehicle tax. You claim the exemption at the same time as you apply for vehicle tax. Make your claim at a post office. If you rent or buy a vehicle from the Motability scheme, they will arrange tax for your car.



Remember

You still need to apply for vehicle tax even if you don't have to pay it.

Other concessions

You may not have to pay the full fare at some bridges, tunnels and river crossings if you're disabled. In most cases, you'll have to apply in advance to get the concession and it may only be available to people living in the area. You can find out more at [gov.uk/toll-concessions](https://www.gov.uk/toll-concessions).

You may be exempt from congestion charging in major cities if you're disabled.

5. Community transport and other help to get around

Getting out and about is important for your wellbeing. You can get help to carry on driving, and there are other services if you want to stay mobile.

Driving

You must tell the DVLA if you develop a medical condition or disability that could affect your driving, or if an existing condition has got worse. If you're not sure whether you need to tell them, it's best to check. Contact the DVLA drivers' medical helpline on **0300 790 6806** or check the list of conditions at gov.uk/health-conditions-and-driving. You should also tell your insurance provider.

If you're unsure whether you should still be driving, speak to your GP or ask your family and friends what they think. You could have a driver assessment to check that you're driving safely. You can find more information and search for a driving assessment near you on the Older Drivers website (olderdrivers.org.uk). Or, you can contact Driving Mobility to find an assessment centre near you (**0800 559 3636**, drivingmobility.org.uk).

Our website has more information about driving safely and whether you need to consider giving up driving (independentage.org/driving-later-life).

Travelling by train

All licensed train companies must have an accessible travel policy. They should be able to tell you:

- what services and facilities are available
- how you can get assistance, including when there are disruptions.

You can book assistance by contacting Passenger Assist or the train company you're planning to travel with (**0800 022 3720**, nationalrail.co.uk/on-the-train/accessible-train-travel-and-facilities). The National Rail Enquiries website has a 'stations made easy' tool, so you can check station facilities and accessibility (nationalrail.co.uk/find-a-station).

If you're travelling with a wheelchair or powered scooter, you should book a space in advance. Train companies have different policies about what they can take. You can find out more by visiting nationalrail.co.uk/44969.aspx or contacting the relevant train company.

Bus and coach travel

Bus and coach drivers must give reasonable assistance to disabled people. For example, they must help you to get on and off a bus or coach. This doesn't include lifting you or heavy mobility equipment.

If you're travelling by coach, you should ask for any help you need when you book your ticket.

You can get more information about your rights and how to make a complaint if things go wrong from Bus Users UK (**0300 111 0001**, bususers.org/passengers/rights-accessibility). If you're in London, contact London TravelWatch (**0203 176 2999**, londontravelwatch.org.uk).

Taxis

In some areas, such as large cities, licensed taxis must be wheelchair accessible. Some may also have induction loops (also called hearing loops) or intercoms to help if you have hearing loss. Contact the taxi licensing office at the local council to find out if there are accessible taxis in the area (**020 7664 3000**, gov.uk/find-local-council).

If you travel with an assistance dog, a taxi must take you unless the driver has an exemption certificate. They should display this on their windscreen.

Community transport

If you don't drive and you can't or don't want to use public transport, some of the following may be available in your local area:

- pre-bookable accessible transport schemes such as Dial-a-Ride or community cars – contact your council or the Community Transport Association (**0161 351 1475**, ctauk.org) to find out what's available
- a local Taxicard scheme for subsidised taxi fares – contact your council for more information (**020 7664 3000**, gov.uk/find-local-council)
- your local Royal Voluntary Service may have a volunteer driving scheme to help you get out and about, and take part in social activities (**0330 555 0310**, royalvoluntaryservice.org.uk/our-services/getting-out-and-about).

ShopMobility

ShopMobility is a scheme that hires out mobility aids to people who need help accessing city centres and shopping areas. Each scheme offers a range of equipment for hire, including scooters and electric wheelchairs, as well as training on how to use it safely. Anyone with limited mobility can become a member – you don't have to be registered disabled or receive a disability benefit. There is usually a small fee to join and hire costs are low or even free. To find a ShopMobility scheme near you, visit shopmobilityuk.org/find-a-centre.

Radar Keys

If you're travelling in the UK, it may be worth buying a Radar Key, which gives you independent access to locked toilets that are part of the National Key Scheme. Contact Disability Rights UK to find out more (**0330 995 0400**, disabilityrightsuk.org).

Hearing loops

Hearing loops help people who use a hearing aid to hear more clearly by reducing background noise. They should be available in various public places, such as shops, banks and places of worship. They are also available for your phone and in your home. You need to have your hearing aid switched to a hearing loop setting.

Speak to your audiologist or contact RNID for more information (**0808 808 0123**, [rnid.org.uk](https://www.rnid.org.uk)).

6. Accessible holidays

If you need a break, the social services department of your local council may be able to provide information about suitable accommodation or arranging transport. They can also tell you about charities that can help to fund holidays for people with disabilities. Contact Turn2Us (**0808 802 2000**, [turn2us.org.uk](https://www.turn2us.org.uk)) for more information.

You can get information and advice about accessible holidays from Revitalise (**0303 303 0145**, [revitalise.org.uk](https://www.revitalise.org.uk)) or Disabled Holidays (**0161 260 0224**, [disabledholidays.com](https://www.disabledholidays.com)). You can also download a free Rough Guide to Accessible Britain from the Motability website ([motability.co.uk/news/rough-guide-to-accessible-britain](https://www.motability.co.uk/news/rough-guide-to-accessible-britain)) or search online for holidays on [tourismforall.co.uk](https://www.tourismforall.co.uk).



Good to know

Charities that support people with specific conditions may also provide or be able to help you find supported holidays – see [chapter 8](#).

When booking accommodation, be very clear about what your needs are and make sure that it really is accessible. Get confirmation in writing of any assistance offered. You might want to check whether they have:

- step-free access to all the main areas and toilets
- access to amenities such as swimming pools, bars or the beach
- charging facilities for equipment such as powered wheelchairs or scooters
- aids such as grab rails, ramps or special mattresses.

Find out about local public transport and any assistance that might be available. You might want to research contact details for taxi companies that can take a wheelchair, for example, and check that any places you want to visit are accessible.

See **chapter 8** for organisations that may be able to advise on accessible travel. You can also find access information and reviews, written by and for disabled people, through:

- AccessAble – **01438 842 710**, [accessable.co.uk](https://www.accessable.co.uk)
- Euan's guide – **0131 510 5106**, [euansguide.com](https://www.euansguide.com).

7. Travelling abroad

Travelling abroad can be challenging but it shouldn't be impossible. You'll have to think about what you'll need at every stage of your journey. You can find advice to help you prepare on the Gov.uk website ([gov.uk/guidance/foreign-travel-for-disabled-people](https://www.gov.uk/guidance/foreign-travel-for-disabled-people)).

Disability organisations and forums can also be a good source of information and advice – see [chapter 8](#).

The Association of British Travel Agents has a useful checklist to help you prepare ([020 3117 0599](tel:02031170599), abta.com/tips-and-advice/accessible-travel/checklist-for-disabled-and-less-mobile-passengers).

The Equality and Human Rights Commission has produced a booklet about your rights when travelling by air, which you can download from their website (equalityhumanrights.com/en/publication-download/your-passport-smooth-journey-top-tips-disabled-and-less-mobile-air-passengers).

Travelling with a wheelchair and other equipment

If you're travelling with a wheelchair, remember to take any equipment and spare parts that you might need, such as tools, inner tubes, a voltage converter and adaptor. If you're planning to fly with an electric wheelchair or scooter, contact the airline before you travel.

Attach instructions to your wheelchair or scooter so it can be handled properly – for example, at the airport. If there are any items that could become detached, such as cushions or parts, keep them with you.

Some airlines won't take certain types of batteries or oxygen cylinders and they might have special procedures for how to pack some items. Check the airline's policy on any equipment that you need to take with you.



Good to know

You can travel with up to two items of mobility equipment free of charge if you're disabled. This won't count as part of your baggage allowance.

If you need special equipment, such as hoists, find out if you can hire it locally rather than taking it with you. You may be able to get in touch with local disability groups for information about what's available.

Travelling with medication

You may need to make special arrangements if you're travelling abroad with medication. For example, if your medicine contains a controlled drug, you may need to apply for a licence if you're taking more than a three-month supply. There are also strict rules about what's allowed in different countries. You can find out more at [gov.uk/travelling-controlled-drugs](https://www.gov.uk/travelling-controlled-drugs) or contact the embassy of the country you're travelling to.

You should check with your airline or tour operator as well. For example, they may need information from your doctor or there may be rules about what containers you can use. Contact your GP for advice at least two months before you go. You can find more details on the NHS website ([nhs.uk/common-health-questions/medicines/can-i-take-my-medicine-abroad](https://www.nhs.uk/common-health-questions/medicines/can-i-take-my-medicine-abroad)).

For more information about what to consider before travelling abroad, including tools and tips to help you plan, visit the International Association for Medical Assistance to Travellers ([iamat.org](https://www.iamat.org)).

8. Useful contacts

Alzheimer's Society

Advice and support for people living with dementia.

- **0333 150 3456**
- alzheimers.org.uk

Alzheimer Scotland

Advice and support for anyone affected by dementia.

- **0131 243 1453**
- alzscot.org

Carers Trust

Information, home care and local support services for carers.

- **0300 772 9600**
- carers.org

Carers UK

Information and support for people who are caring for someone.

- **0808 808 7777**
- carersuk.org

Chest Heart & Stroke Scotland

Information and support for people affected by chest, heart and stroke conditions.

- **0808 801 0899**
- chss.org.uk

Dementia Adventure

Supported holidays for people living with dementia in England and Wales only.

- **01245 237548**
- dementiaadventure.co.uk

Living Made Easy

Information and advice on independent living.

- **0300 123 3084**
- livingmadeeasy.org.uk

Mind

Information and support for people living with mental health problems.

- **0300 123 3393**
- mind.org.uk

MS Society

Advice and support for people with multiple sclerosis.

- **0808 800 8000**
- mssociety.org.uk

Parkinson's UK

Advice and support for people with Parkinson's disease.

- **0808 800 0303**
- parkinsons.org.uk

RNIB

Advice and support for people affected by sight loss.

- **0303 123 9999**
- **[rnib.org.uk](https://www.rnib.org.uk)**

Scope

Advice and support for disabled people.

- **0808 800 3333**
- **[scope.org.uk](https://www.scope.org.uk)**

Scottish Association for Mental Health

Support for people struggling with mental health.

- **0344 800 0550**
- **[samh.org.uk](https://www.samh.org.uk)**

Sense

Support for deafblind people and people with complex disabilities.

- **0300 330 9256**
- **[sense.org.uk](https://www.sense.org.uk)**

Stroke Association

Information, advice and support for people affected by stroke.

- **0303 3033 100**
- **[stroke.org.uk](https://www.stroke.org.uk)**

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The sources used to create this publication are available on request. Contact us using the details below.

Thank you

Independent Age would like to thank those who shared their experiences as this information was being developed, and those who reviewed the information for us.

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