

NAVIGATE ACCESSIBLE TRAVEL WITH CONFIDENCE

Your Step-by-Step Guide to
Accessible and Confident Travel



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WELCOME

I'm Ming Canaday,
Resilience Coach



Hi, I'm Ming Canaday, a resilience coach and lifelong wheelchair user. Contracting polio in childhood and living with scoliosis have given me firsthand experience navigating the challenges of accessible travel. This guide is packed with practical strategies, insightful tips, and personal experiences that will help you travel confidently.

**Are you tired of
facing barriers
every time you
plan a trip?
Discover how to
make your travels
smoother and
more empowering.**



Understanding the Challenges of Accessible Travel

Common Travel Roadblocks—and How to Overcome Them



Traveling can be daunting, with hurdles that make the process stressful and exhausting. Some of the most common challenges include:



Missed connections and inconsistent assistance:

Unreliable services that lead to delays and anxiety.



TSA checkpoint issues:

Invasive security checks that can leave you feeling uncomfortable and vulnerable.



Handling of mobility devices:

Concerns over potential damage or mishandling of essential equipment.

Why These Challenges Matter: Facing these obstacles repeatedly can impact your confidence and enthusiasm for travel. However, knowing the right strategies can transform your experience from frustration to empowerment.

Solutions and Strategies for a Seamless Journey



Plan Ahead for Assistance:

1

Contact airlines well in advance to arrange assistance and confirm their understanding of your needs. Make sure your requests are documented and acknowledged in your booking.

Equip Yourself with Essential Travel Tools:

2

Keep a travel repair kit in your carry-on for any emergencies related to your mobility device.

Consider including:

- A basic toolkit for minor adjustments.
- Spare parts that are commonly needed.
- Contact information for service providers at your destination.

Navigate Security with Confidence:

3

Learn TSA procedures ahead of time. Pack documentation about your equipment and medical needs to streamline your passage through security. Use TSA Cares for additional support during screening.

Establish Reliable Communication:

4

Have a printed copy of all your requests and contacts for airline and airport staff, so everyone is informed and expectations are clear.

My Personal Story and Experience

Why I Understand Your Journey

I know firsthand the frustration of waiting for assistance that never arrives and the anxiety of ensuring my wheelchair makes it through a flight intact. Having traveled extensively for both personal and advocacy work, I've encountered nearly every obstacle you might face—and learned how to turn those challenges into manageable parts of the journey.



My Travel Wins:

Collaborating with International Communities:



Working with the U.S. State Department to promote disability inclusion worldwide has taught me how to prepare for diverse travel situations.



Developing Resilience on the Road:

Each trip builds my resilience, and I'm passionate about helping you develop yours too.

Empowering Your Next Steps

Your Path to Stress-Free Travel

A Vision of Confidence: Imagine planning your next trip with ease, knowing you have the tools and knowledge to manage any challenges that come your way. No more last-minute anxiety or feeling helpless during a long journey. With these strategies, you'll feel prepared and in control.



Get Ready to Take Action: Here's how you can start transforming your travel experience:



Reflect on Your Needs:

What are your top three travel concerns? Use this guide to address them step-by-step.



Practice Self-Advocacy:

Practice clear communication with airline staff, making your requests known firmly but politely.



Plan for Unexpected Issues:

Expect the unexpected and have a backup plan for common problems.



Ready to Empower Your Travels?

Traveling as a wheelchair user doesn't have to be stressful. I'm here to help you gain the confidence, skills, and resilience needed to navigate any journey. Whether you're flying across the country or exploring a new city, these strategies will make your travel experience smoother and more fulfilling.

Take the Next Step

Ready to explore the world with confidence?

Book a free discovery call with me and learn how to implement these strategies and create your personalized travel plan. Let's work together to make your next journey a positive, empowering experience.

[Book A Call](#)