

5 TIPS FOR AUTISM FRIENDLY AIRPLANE TRAVEL



**Autism
Society**
Inland Empire




IEAutism.org

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02/07 >>>

DO SOME RESEARCH BEFOREHAND...

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1. **Does your airline have..** What is appropriate for your loved one?
 2. **Contact TSA.** TSA Cares offers a helpline to obtain advice and assistance with navigating the screening process with your child. Contact TSA Cares at least 3 days before your flight to arrange for special screening on arrival at the airport. Let the TSA representative know of sensitivities the person with autism has. This will make the process go smoother when you arrive at the airport. TSA Cares can be reached by calling 855.787.2227 or emailing TSA-ContactCenter@dhs.gov.
 3. **Check to see if the airport has a sensory room.**

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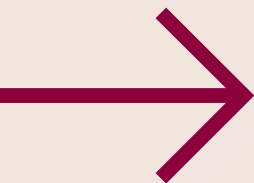
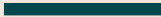


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BE PREPARED

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1. Explain to your child what they should expect. Use visual tools like social stories, a visual way to walk your child through what to expect and how to navigate the airport and plane successfully. Feel free to create your own! Be sure to talk about when your favorite electronic devices might have to be put away and when they will be allowed again.
 2. Download the airline's flight apps to be notified about delays.
 3. Print or download boarding passes at home before heading to the airport may avoid waiting in lines.
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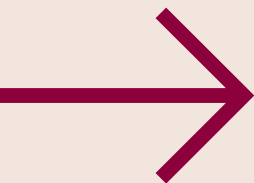
MAKE SURE YOUR LOVED ONE IS COMFORTABLE IN THEIR ENVIRONMENT.

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1. **Pack with intention. Bring comfort items to help address your child's sensory sensitivities.** For example, noise-canceling headphones can help with noise and commotion, and candy or gum can help with ear pressure during take-offs or landings. Snacks, favorite toys, and electronics can make the trip more relaxing.
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PRE- BOARDING

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1. If appropriate, tell the gate agent you are traveling with a person with Autism and will need to pre-boarding. The extra few minutes without the crowds may help the child or adult settle in faster.
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HAVE FUN



Have fun! Traveling when you have loved ones with Autism can be overwhelming thinking about changing their routine. With a little planning it can be a safe and enjoyable experience for all!

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