



## Planning Holidays for People with Disabilities

Holidays are an important part of our lives, they are a time we relax and charge our batteries. A holiday may be as simple as camping in the back yard or a big overseas adventure. No matter what you choose or enjoy they are beneficial to our health.

Can you imagine not being able to take a holiday? Well many people with disabilities struggle to go on holiday. However with some careful planning and thought it's possible.

If someone around you has disability and would like a holiday, here are few links that may help with the planning.

<https://www.ccsdisabilityaction.org.nz/about-us/holiday-homes/>

<https://www.disabledholidays.com/search/new-zealand-l585/>

<https://parent2parent.org.nz/disability-friendly-getaways/>

<https://www.tourism.net.nz/accommodation/accessible-accommodation>

<http://accessiblenz.com/wp/about-us/links/>

<https://www.abilityadventures.co.nz>

<https://www.newzealand.com/int/feature/disabled-facilities/>

<https://www.comparetravelinsurance.com.au/resources/travel-insurance-disabilities-guide>

<https://www.insurancewith.com/travelling-with-a-medical-condition/travelling-abroad-with-a-disability/>

