



## Planning to Go Out

Going into the community after a spinal cord injury involves planning ahead. Always carry a cell phone with you when going out in case of emergency. Also, you may want to bring water to stay hydrated. Here are some other things to think about before going out.

**Transportation:** Accessible transit is available in many cities. When getting around, make sure you give yourself plenty of time to arrive. Services like Wheel-Trans or accessible taxis often need to be booked in advance. In Toronto, many buses, streetcars and subway cars are accessible. Plan your route as not all the transit stops and stations are accessible. Always check service outages on the day of travel to make sure elevators/escalators are functioning. On-demand services like Uber WAV (Wheelchair Accessible Vehicle) and Lyft WAV are available in Toronto. If you have learned how to and it is safe to transfer to a vehicle passenger seat, you can use any regular taxis or a family or friend's vehicle.

**Bladder and bowel:** Going out can require planning for your bowel and bladder routines. Consider emptying your bladder and/or bowel before going out. Bring bladder supplies with you. Bring a change of clothing in case of an accident.

**Medications:** Check your medication schedule before going out. You might need to take your medication before going out or bring it with you.

**Endurance:** When first going out, **try shorter outings (e.g. 4 hours)**. You may not have the same energy for going out as you used to. Check your skin when you return. Outings can sometimes add extra pressure to your skin and put you at risk of pressure injuries.

**Wheelchair access:** Make sure that your destination is wheelchair accessible based on your needs. Call ahead and ask the following questions:

- Is there a ramp to get to the front/rear doors? Are there accessible door buttons?
- Is there an elevator available for wheelchairs?
- Are there stairs to get to the washroom? Is it wheelchair accessible?
- Is there accessible parking close by?

**Support person:** Depending on what you are doing, your support person may be able to get free access. Easter Seals Canada 'Access 2 Card' gives your support person free access to attractions across Canada. Read more about it at [access2card.ca](https://www.access2card.ca). When going out, always ask if discounts or free admission is provided to support persons.

Contact your Recreation Therapist for more information.

COMMUNITY

Originally written by: Charlene Alton. ©2017 UHN - Toronto Rehab. Reviewed 2022. All rights reserved. **Disclaimer:** Information is provided for educational purposes only. Consult a qualified health professional regarding specific medical concerns or treatment. University Health Network does not assume and disclaims any liability to any party for any loss or damage caused by errors or omissions in this publication.

[www.SpinalCordEssentials.ca](https://www.SpinalCordEssentials.ca)

SCE2-Se1-2017-03-22