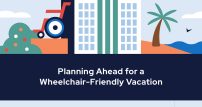


How to Plan the Perfect Vacation for Seniors With Limited Mobility



Planning Ahead for a Wheelchair-Friendly Vacation

Before you go on a vacation, keep these considerations in mind.



Accessible Lodging

Call in advance to make sure your hotel has accessible rooms.



Maintaining Your Health

Consult with a medical professional for advice before you travel.



Transportation

Research accessible transportation options ahead of time.



Travel Insurance

Insurance can cover you when unforeseen disruptions arise.

Health Benefits of Vacations



Stress Reduction

Vacations help to reduce stress and anxiety.



Strengthened Relationships

Vacations are a great way to bond with friends and family.



Improved Physical Well-being

Annual vacations can help reduce risk of heart disease.

5 Accessible Vacation Ideas



Niagara Falls State Park, NY



Accessible Attractions



Niagara Adventure Theater



Niagara Scenic Trolley



Observation Tower

Destination Highlight

The Maid of the Mist allows you to ferry through the waterfall white water from the American Falls to the basin of Horseshoe Falls.



San Francisco, CA



Accessible Attractions



Twin Peaks



Golden Gate Bridge



The Palace of Fine Arts

Destination Highlight

Alcatraz Island, home to the iconic former federal prison, features fully accessible tours.



Chicago, IL



Accessible Attractions



Millennium Park



The Chicago Theatre



The Art Institute of Chicago

Destination Highlight

The Willis Tower features an accessible observation deck on its 103rd floor that offers a beautiful overhead view of the city.



Seattle, WA

Accessible Attractions

Museum of Pop Culture

Chihuly Garden and Glass

Seattle Aquarium

Destination Highlight

The Space Needle offers ramps and elevators to help guests access its observation level that features a 360° overview of Seattle.

Las Vegas, NV

Accessible Attractions

Gold and Silver Pawn Shop

Caesars Palace

Neon Museum

Destination Highlight

The Bellagio features an iconic choreographed fountain and high-end buffets while offering 63 accessible rooms with roll-in showers and lowered amenities.