EPILEPSY NEW ZEALAND
Kia titiro ki te tangata | See the person

Transport and Travel



Being able to get around is important for everyone, whether that is to visit friends, attend a medical appointment or travel within New Zealand or overseas. Locally, a person might get around by driving a vehicle, using public transport or using a taxi. Domestic and international travel might see a person use other types of transport such as planes or boats.

It is important for all people living with epilepsy to consider risks and implement appropriate safety strategies when travelling on different modes of transport.

PUBLIC TRANSPORT

Accessible and safe public transport is not only needed by people living with epilepsy but also by people with disabilities, pregnant women, children, parents using prams, and older people.

It is important to consider risks and implement safety strategies when using public transport, particularly if your seizures are frequent or unpredictable. If that's the case it's a good idea to consider:

- Travelling with a companion if using a route for the first time to get to know the location of stops and whether any safety measures are needed for the next time
- Standing well back from the platform or road when waiting for a train, tram, bus or boat
- Bringing water to remain hydrated if the environment is hot
- Dressing appropriately for travel conditions, such as wearing warm clothes if it is cold
- Wearing some form of medical ID, such as a necklace or bracelet.

Some people may be eligible to receive public transport assistance – to find out more speak to the public transport authority in your area.

TAXI AND TRANSPORT ASSISTANCE- (TOTAL MOBILITY)

If you are not allowed to drive because of your epilepsy and have difficulty using public transport you may be eligible for the Total Mobility Scheme. The scheme has eligibility criteria which must be met before it is approved. A person may also be eligible for travel and transport assistance . To find out more contact The Ministry of Social Development, MSD-help getting around or see if you local Epilepsy New Zealand educator can assess you call 0800 374537 (office hours)

Some regions also have St John shuttle services or a free or low cost service to get you to your medical appointments.

More information

Travel and Epilepsy Information Sheet