

## Appendix 7

### Considerations for Young People with Additional Support Needs

This part deals with issues of particular interest for young people with Additional Support Needs participating in international travel. Since it is now widely recognised that these young people are more vulnerable to abuse than others, it is important to give their protection even closer attention. All volunteers accompanying the young people on the visit must have completed a satisfactory Disclosure (Scotland) check.

Young people with Additional Support Needs also have the right to have their horizons expanded through travel abroad. They, too, need the opportunity to experience at first hand the culture and life-styles in other countries and indeed to see how these countries deal with special needs. In order to make such exchanges possible, the same general guidelines apply but in addition the leader of such a group has to put into place more stringent checks and balances. Indeed the leader has by necessity to be constantly vigilant over the minutiae of detail with regard to the arrangements. Advanced planning visit is essential for young people with Additional Support Needs, and the cost should be part of the total funding required for the visit or exchange. It is therefore strongly recommended that the following additional issues are considered fully in the organisation of the visit/exchange.

- a higher ratio of carers is required for young people with Additional Support Needs. Dependent on disability this could be 1:1. There must be an appropriate ratio of male/female carers for the group. If possible, have a nurse or trained first aider on the staff team.
- costs for young people with Additional Support Needs will be considerably increased due to higher number of carers, and specialised transport e.g. flying might be the only option due to the disabilities of the group, or use of a special coach.
- young people with Additional Support Needs may require assistance to complete their self-profile.
- keep programme simple for young people with Additional Support Needs, do not over-extend activities.
- check travel insurance covers pre-existing health conditions.
- prepare a basic first aid kit which includes personal hygiene items e.g. incontinence pads. Kit should also include individual medication with clear instructions on its application.
- parental permission - administration of drugs.
- nominated person to take charge of all drugs.
- alert hosts that accommodation should be checked to ensure suitability for young people with particular Additional Support Needs e.g. access - ramps, lifts, wide doorways, adapted toilets,
- Ground floor accommodation should be made available wherever possible.
- housekeeping arrangements for disposal of soiled dressings, pads, syringes etc.
- if appropriate, carer to take charge of currency. It would be more practical to have a higher proportion in currency rather than travellers' cheques, as spare time is limited due to the particular needs of the group, therefore a visit to the bank is a major consideration.
- a social area should be available for group meetings etc.
- check suitability of pool for young people with Additional Support Needs— is it user friendly - hoists?
- for young people with limited or no language, there should be a leader trained in Makaton, signing or other appropriate communication medium.