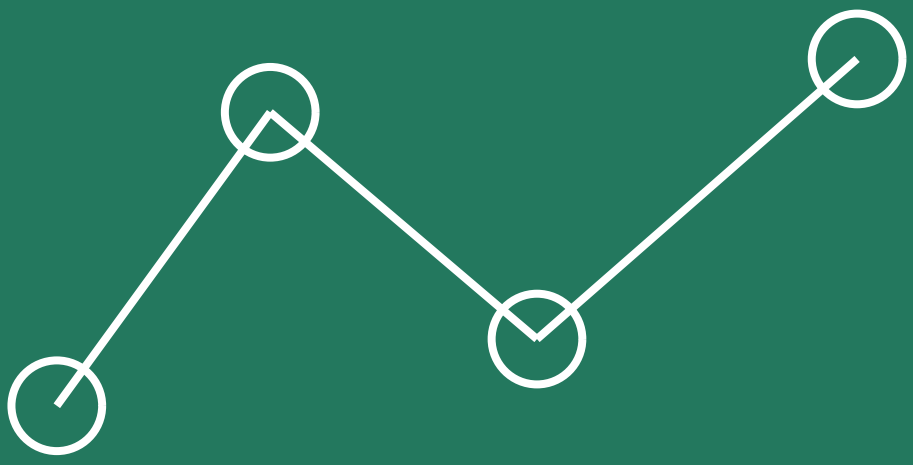
BOOKCHOWK / PRACTICAL MINI BOOKS

The Accessible Outing Planner

Check practical access, comfort and backup arrangements before a day out



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Published by Sanjay Matta | English | Digital PDF

10 focused pages + editable companion | 5 November 2026

One useful result

Check practical access, comfort and backup arrangements before a day out. Work through one lesson at a time, then use the three printable worksheets on a real, low-stakes situation.

Your route through this mini book

1. Begin with the person’s priorities

2. Verify specific access details

3. Plan the journey and the pauses

4. Agree a backup and review the day

Read the lesson, compare the worked example and complete the action. Pages 7-9 are writing sheets; page 10 helps you review the result. The editable Markdown companion contains the same prompts for reuse in a notes app.

Practical outing organisation only, not medical advice or a fitness-to-travel assessment. Ask the person about their needs, follow professional guidance where relevant and do not delay urgent care.

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Begin with the person’s priorities

Plan around what the person wants from the outing and the practical conditions that help them participate. Ask rather than assuming needs from age, appearance or a diagnosis. Consider distance, seating, toilets, transport, communication and the option to leave early. This workbook is a logistics aid, not a medical fitness assessment. Follow relevant professional advice and do not use a completed checklist as proof that an activity is safe for someone.

Worked example

A museum visit may be enjoyable if there is a short route, seating and flexible departure. The person may value one gallery more than completing the whole building. Their preference sets the plan.

Try it now

Choose a fictional outing. Record the person’s goal, access questions and preferred pace without assigning a diagnosis.

NOTICE → CHOOSE → TRY → REVIEW