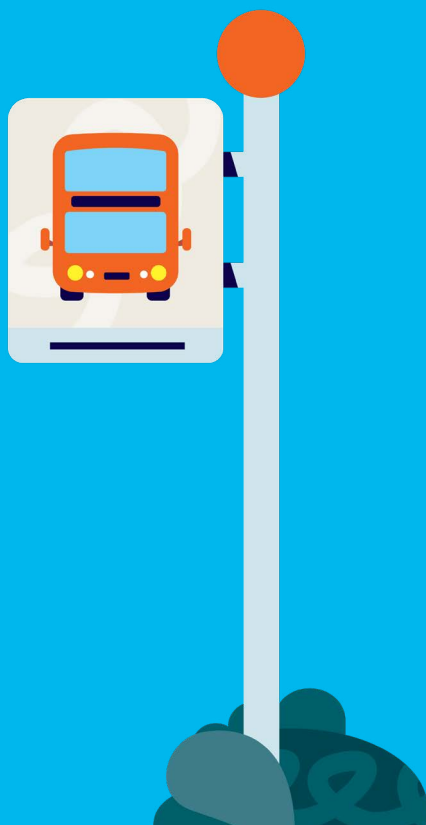


# Help with getting around

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## Everyday life

Find out more about  
what's on offer to help  
you get out and about



# Help with getting around

**If you have Parkinson's, you might be worried about how this will affect your ability to get out and about.**

**This information explains more about the travel and transport schemes that you might qualify for that make travelling a bit easier or more affordable.**

## **In this booklet:**

- The Blue Badge scheme
- Motability
- National Key Scheme (accessible public toilets)
- Buses and other local transport
- Local community transport schemes
- Rail travel
- Concessionary fare schemes
- Travel and holiday information

## **The Blue Badge scheme**

### **What is the Blue Badge scheme?**

The Blue Badge scheme helps you park closer to places, services or facilities you may want to visit or use. The scheme helps people who:

- have severe mobility problems
- are registered blind
- have severe disabilities in both arms

The Blue Badge is linked to a person, not a vehicle, so you can use it with any car that you're driving or travelling in as a passenger. This includes taxis and hire cars.

The Blue Badge scheme applies throughout the UK, except for certain London boroughs (City of London, Westminster, Kensington and Chelsea, and part of Camden) who have their own versions.

These boroughs do have some parking concessions for Blue Badge holders, so you should contact them to find out more.

### **Do I qualify for a Blue Badge?**

You may qualify for a Blue Badge automatically or you may need to have an assessment.

### **Automatic qualification**

To automatically qualify for a Blue Badge you must:

- be getting the higher rate mobility component of Disability Living Allowance, **or**

- be assessed as having eight points or more under the 'moving around' activity of the mobility component of Personal Independence Payment (PIP), **or**
- be registered blind, **or**
- be getting War Pensioners' Mobility Supplement, **or**

### **In England**

- you have received a lump sum payment from the Armed Forces Compensation Scheme (within tariff levels 1–8), and have been certified as having a permanent and substantial disability, which includes Permanent Mental Disorder under tariff 6. You must also have a substantial disability that causes inability to walk or very considerable difficulty in walking, or
- you have scored 10 points specifically for descriptor E (being unable to undertake any journey because it would cause overwhelming psychological distress) under the 'planning and following journeys' activity of the Personal Independence Payment assessment

### **In Northern Ireland**

- you receive a benefit under the Armed Forces and Reserves Forces Compensation Scheme (within tariff levels 1–8) and have been certified by the Service Personnel and Veterans Agency (SPVA) as having a permanent impairment which causes inability to walk or a lot of difficulty walking

### **In Scotland**

- you get the enhanced mobility component of Adult Disability Payment and have been awarded either eight points or more in the 'moving around' activity or 12 points in the 'planning and following a journey' activity or enhanced rate mobility without reference to points

### **In Wales**

- you have been awarded 12 points under the 'planning and following journeys' activity of the mobility component of Personal Independence Payment

### **Qualifying through assessment**

To qualify through assessment you must have a permanent and substantial disability which means that:

### **In England**

- you can't walk at all
- you can't walk without help from someone else or using mobility aids
- you find walking very difficult due to pain, breathlessness or the time it takes
- walking is dangerous to your health and safety
- you have a terminal illness, which means you can't walk or find walking very difficult and have a DS1500 form
- you have a severe disability in both arms and drive regularly, but can't operate pay-and-display parking machines

- you are constantly a significant risk to yourself or others near vehicles, in traffic or car parks
- you struggle severely to plan or follow a journey
- you find it difficult or impossible to control your actions and lack awareness of the impact you could have on others
- you regularly have intense and overwhelming responses to situations causing temporary loss of behavioural control
- you frequently become extremely anxious or fearful of public/open spaces

### **In Scotland**

- you have a substantial disability lasting at least 12 months that means you can't walk at all or that means you're virtually unable to walk, **or**
- you regularly drive and can't use parking meters because of a severe disability in both arms, **or**
- you have a mental condition that means you lack awareness about the danger of traffic when making journeys

If you have a mental condition that means you lack awareness about the danger of traffic when making journeys, you can't apply online. You should call your local council's Blue Badge team to discuss your case.

### **In Wales**

- you are completely unable to walk, **or**
- you have considerable difficulty walking, **or**
- you have a have a substantial impairment to mobility, **or**

- you have a severe disability in both arms, which means when driving you have significant difficulty or are unable to use parking meters, **or**
- you have a severe cognitive impairment and are unable to plan or follow any journey without the help of someone else, **or**
- you have a terminal illness that seriously limits your mobility

You can check to see if you're eligible for a Blue Badge and apply for, or renew, your application online at **[www.gov.uk/apply-blue-badge](http://www.gov.uk/apply-blue-badge)** (except for the City of Aberdeen Council, where you should apply via the council's website), or **[www.nidirect.gov.uk/articles/blue-badge-eligibility-criteria](http://www.nidirect.gov.uk/articles/blue-badge-eligibility-criteria)** for Northern Ireland. Contact your local council for more information or if you need help with an application.

A badge can cost £10 in England and Northern Ireland, or £20 in Scotland. There's no charge for a Blue Badge in Wales. A badge lasts up to three years.

### **What if my application is rejected?**

If your local authority or council refuses to issue you with a Blue Badge, you have no formal right of appeal. But as many authorities and councils have internal procedures for dealing with reviews, it's worth writing to ask for a review. You should do this within one month of the date on the decision letter.

In Scotland there is a formal review process. If a local authority decides that you don't qualify, you can ask for a review of the decision within 28 days of receiving it. You can find more information about how to do this in the letter from your council.

There's no limit on how many times you can apply for a Blue Badge. If you're unsuccessful on your first attempt and your situation changes, you're free to try again.

### **Where can I park with a Blue Badge?**

#### **With a Blue Badge on display, you can park:**

- for free – at on-street parking meters and in Pay and Display bays (unless signs show a time limit for badge holders) and for as long as you need to if the local authority or council has a policy
- without time limit – in streets where you would usually only be able to wait for limited periods
- for a limited time – on single or double yellow lines for a maximum of three hours in England, Wales and Northern Ireland, and in some local authority areas in Scotland (you should check local rules), where there aren't restrictions on loading or unloading. If you park somewhere with a time limit, always set the parking time clock on your Blue Badge to show the 15-minute period in which you arrived. You should get a parking clock with your Blue Badge, or contact your local council to get one.

Whenever you use a Blue Badge, you should make sure it's displayed the right way up and is clearly visible through the windscreen. You should also check the Blue Badge hasn't expired.

### **Where does the Blue Badge scheme not apply?**

#### **A Blue Badge doesn't allow you to park:**

- on private roads

- in off-street car parks, although some may provide spaces for disabled people. You should check the signs to see what concessions are available and whether Blue Badge holders have to pay
- in certain town centres, where access is prohibited or limited to vehicles with special permits that are issued locally
- in central London (City of London, City of Westminster, Kensington and Chelsea and parts of Camden), although some facilities are provided
- on road systems at some airports. If you need to park at an airport, you should contact the airport before you travel to check the car-parking arrangements

Your car should not be wheel-clamped if you display a current Blue Badge, but the police can remove the vehicle if it's causing an obstruction. For example, if you are parked in a single-lane road which is stopping other traffic from passing, or close to a junction where it would be difficult for other drivers to see you.

It's an offence to display a Blue Badge if the disabled person is not, or has not been, in the vehicle. The only exception is if the driver is on the way to collect a disabled person or has just dropped them off.

### **Central London Congestion Charge**

Blue Badge holders are eligible for a 100% discount on the Congestion Charge in central London if they have applied for the exemption. It can be used on any two vehicles.

For an application form call **0343 222 2222** (or textphone **020 7649 9123**) or you can apply online at **[www.tfl.gov.uk/modes/driving/congestion-charge/discounts-and-exemptions](http://www.tfl.gov.uk/modes/driving/congestion-charge/discounts-and-exemptions)**

There is a £10 administration fee for the exemption. Vehicles taxed in the Disabled class are automatically exempt if they are registered at DVLA, Swansea.

### Using your Blue Badge abroad

You can use your UK Blue Badge if you're travelling in some European Union (EU) countries, Liechtenstein, Norway and Switzerland. Since Brexit, you should check with the embassy of the country you are travelling to for the latest rules. In some cases, you'll need to ask for further information locally.

For the latest guidance, visit **[www.gov.uk/government/publications/blue-badge-using-it-in-the-eu/using-a-blue-badge-in-the-european-union](http://www.gov.uk/government/publications/blue-badge-using-it-in-the-eu/using-a-blue-badge-in-the-european-union)**

### Driving and Parkinson's

If you use a car to get around and want to know more about driving when you have Parkinson's, you may find our information on driving and Parkinson's useful. It covers key issues, including:

- your legal obligations as a driver
- insurance
- exemption from vehicle tax
- mobility assessment centres

**Find out more:** see our information on driving and Parkinson's.

## Motability

The Motability Scheme allows disabled people to exchange a 'qualifying benefit' to lease a car (including cars adapted to carry a driver or passenger seated in their wheelchair), powered wheelchair or mobility scooter.

### Qualifying benefits include:

- the higher-rate mobility component of Disability Living Allowance
- the enhanced-rate of the mobility component of Personal Independence Payment (PIP) or Adult Disability Payment in Scotland
- War Pensioner's Mobility Supplement and Armed Forces Independence Payment

To find out more about Motability, call **0300 456 4566** or visit their website **[www.motability.co.uk](http://www.motability.co.uk)**

## National Key Scheme

If you have Parkinson's, you may find a Radar key helpful. This key allows you to unlock more than 9,000 accessible public toilets across the UK.

You can order a Radar key from Disability Rights UK's online shop (**[shop.disabilityrightsuk.org](http://shop.disabilityrightsuk.org)**) or by calling **0203 687 0790**.

Radar keys are also available on the Parkinson's UK shop (**[parkinsons.org.uk/shop](http://parkinsons.org.uk/shop)**).

A list of National Key Scheme toilets in your area is available to order from Disability Rights UK. The Great British Public Toilet List (**[www.toiletmap.org.uk](http://www.toiletmap.org.uk)**) also maps all publicly-accessible toilets.

## Buses and other local transport

By law, the government can make bus companies ensure that disabled people are able to get on and off buses safely and 'without too much difficulty' and travel 'in safety and reasonable comfort'.

Outside of London, local authorities are in charge of public transport. You should contact your local authority to find out more about access to disabled public transport in your area. In Northern Ireland, you should contact the Department of Infrastructure on **028 9054 0540**, or by emailing **info@infrastructure-ni.gov.uk**

To find out about public transport in London, including disabled access, visit Transport for London (**www.tfl.gov.uk**) or call its customer service centre on **0343 222 1234**. You can also order the Transport for London tube access guide on this number.

## Local community transport schemes

Many areas have volunteer-led local community transport schemes in place. Your local authority or council should be able to provide you with further information about schemes in your area.

## Rail travel

### Passenger assistance

If you're travelling by rail in England, Scotland and Wales and need assistance because of your Parkinson's (or any other condition), call National Rail Enquiries on **0800 022 3720** (textphone **0845 60 50 600**). They can help you with their Passenger Assist service.

You can also use the Passenger Assistance by Transreport app, which allows you to request assistance via a smartphone. You will receive an email once your request has been booked and confirmed.

### Disabled Persons Railcard

A Disabled Persons Railcard gives you and a companion a third off the cost of most train journeys. You'll need to show that you receive one of the following benefits:

- Personal Independence Payment (PIP), or Adult Disability Payment in Scotland
- Disability Living Allowance
- Attendance Allowance
- Severe Disablement Allowance
- War Pensioner's Mobility Supplement
- War or Service Disablement Pension
- are buying or leasing a vehicle through the Motability Scheme

Or you must have one of the following conditions:

- a visual impairment
- a hearing impairment
- epilepsy

The card costs £20 for one year or £54 for three years. You can get details by visiting **www.disabledpersons-railcard.co.uk** or by calling **0345 605 0525** (textphone **0345 601 0132**).



If you're in Northern Ireland, you can apply for a Half Fare SmartPass. You can find out more at **[www.translink.co.uk/usingtranslink/ticketsandtravelcards/concession](http://www.translink.co.uk/usingtranslink/ticketsandtravelcards/concession)**. Application forms are also available at Translink bus and rail stations or call **028 9066 6630**.

## Concessionary fare schemes

A concessionary fare scheme allows some people to travel on public transport for a reduced fare, or sometimes for free.

Your local authority or council may have a concessionary fare scheme for older and disabled people.

Each nation in the UK sets the minimum that should be available to help pay for travel. Who qualifies as a disabled person for this help also varies between each country in the UK:

- in England, if you've reached state pension age or you're disabled, you can get free off-peak local bus travel
- in Northern Ireland, you can travel free on the bus or by rail if you're aged 60 or over, are registered blind or are a War Disablement pensioner. If you're under 60, you can travel for half price if you receive the mobility component of Personal Independence Payment (PIP), have had a driving licence refused or revoked on medical grounds, have a recognised learning disability or are partially-sighted. To see if you qualify, visit **[www.translink.co.uk/usingtranslink/ticketsandtravelcards/concession](http://www.translink.co.uk/usingtranslink/ticketsandtravelcards/concession)**

- in Scotland, if you're 60 or over, or are disabled, a National Entitlement Card allows you to use national and local buses for free at any time of day and also may entitle you to discounted rail travel in some areas of Scotland. The card also allows companions to travel for free where required by the cardholder. To find out if you qualify, visit **[www.entitlementcard.org.uk](http://www.entitlementcard.org.uk)**
- in Wales, if you're 60 or over, or are disabled, you can travel for free on local buses across Wales, at any time of day. For more details, visit **[www.traveline.cymru/concessionary-travel-pass](http://www.traveline.cymru/concessionary-travel-pass)**. You can also travel for free or at a discounted rate on many Transport for Wales trains. For further details, visit **[www.tfw.wales/info-for/over-60s/rail-concessionary-travel](http://www.tfw.wales/info-for/over-60s/rail-concessionary-travel)**

Some local authorities and councils may offer more than the minimum to residents. For instance, in London, the Freedom Pass lets older and disabled people travel across London and local bus journeys nationally. For more information, visit **[www.tfl.gov.uk/fares/free-and-discounted-travel/freedom-pass](http://www.tfl.gov.uk/fares/free-and-discounted-travel/freedom-pass)**. Contact your local authority or council to find out what they offer.

If you're over 60 or disabled, you may be able to get discounted coach travel. For example, National Express offers both a Senior Coachcard and a Disability Coachcard that offers discounts on fares. You can get more details from the individual coach companies.



## Travel and holiday information

If you're planning to go on holiday or need to travel abroad, Tourism For All ([www.tourismforall.org.uk](http://www.tourismforall.org.uk)) gives information on all aspects of travel for disabled people. Call **0845 124 9971** or email **info@tourismforall.org.uk**

**Find out more:** see our information on holidays, travel and Parkinson's.

## More information and support

If your Parkinson's symptoms affect your ability to move around, our booklet, *Daily living equipment for people with Parkinson's*, includes information about a range of equipment you may find helpful.

**Find out more:** see our information on daily living equipment.

You may also want to carry our alert card with you when you are out and about. It is a laminated card that fits into your wallet or purse and can be shown discreetly if you need assistance in a public place, or if you're having difficulty communicating. The card explains that you have Parkinson's and the main symptoms you may be experiencing.

You can order any of our information for free by calling **0330 124 3250** or visiting [parkinsons.org.uk/orderingresources](http://parkinsons.org.uk/orderingresources). You can also order copies from our online shop ([parkinsons.org.uk/shop](http://parkinsons.org.uk/shop)).

## Parkinson's nurses

Parkinson's nurses have specialist experience and knowledge of Parkinson's. They can:

- support people coming to terms with their Parkinson's diagnosis
- help people to manage their medication, so they get the best results and fewer side effects
- make referrals to other professionals such as speech and language therapists and physiotherapists

Some nurses are based in the community, such as your GP surgery. Others are based in hospital settings and clinics.

Talk to your GP or specialist for more details on speaking to a Parkinson's nurse.

## Parkinson's UK information and support

Whatever your journey with Parkinson's, you're not alone.

From the moment you or someone you care about is diagnosed, we have information and support for you.

**Speak to one of our friendly expert advisers, including specialist Parkinson's nurses, care advisers, and benefits and employment advisers.** We've got information and advice on all aspects of living with Parkinson's.

**Get help managing your diagnosis.** Our information packs, webinars, courses and support groups can help you and your loved ones understand your Parkinson's diagnosis and better manage your symptoms.

**Read our up to date, reliable health information.** Our website, booklets and magazines can help you better understand Parkinson's. They're full of tips and advice on managing your condition and supporting a loved one.

**Find ways to get active, stay active and live well with Parkinson's.** Whatever your fitness level, we'll help you find the right activities for you.

**Connect with other people with Parkinson's, families, friends and carers.** Across the UK, in your local area or online. We'll help you meet others who understand what you're going through, because they're going through it too.

### **Find out more**

- Call our helpline on **0808 800 0303** or email **hello@parkinsons.org.uk** to speak to an expert adviser.
- Visit **parkinsons.org.uk/information-and-support** to read our information or find support that's local to you.
- Call **0330 124 3250** or visit **parkinsons.org.uk/order-print-booklets** to order free printed information.

### **Thank you**

Thank you very much to everyone who contributed to or reviewed this information.

Thanks also to our information review group and other people affected by Parkinson's who provided feedback.

### **Feedback**

If you have any comments or feedback about our information, please call **0800 138 6593**, email **feedback@parkinsons.org.uk**, or write to us at Parkinson's UK, 50 Broadway, London, SW1H 0BL.

If you'd like to find out more about how we put our information together, or be part of the team that reviews our health content, please contact us at **healthcontent@parkinsons.org.uk** or visit our website at **parkinsons.org.uk/health-content**.

### **Can you help?**

At Parkinson's UK, we are totally dependent on donations from individuals and organisations to fund the work that we do. There are many ways that you can help us to support people with Parkinson's.

If you would like to get involved, please contact our Supporter Care team on **0800 138 6593** or visit our website at **parkinsons.org.uk/donate**.

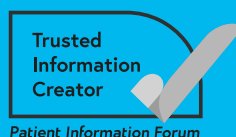
Thank you.



We're Parkinson's UK,  
the charity that's  
here to support every  
Parkinson's journey.  
Every step of the way.

Free confidential helpline **0808 800 0303**  
Monday to Friday 9am to 6pm,  
Saturday 10am to 2pm (interpreting available)  
Relay UK **18001 0808 800 0303** (for textphone users only)  
**hello@parkinsons.org.uk | parkinsons.org.uk**

Parkinson's UK, 50 Broadway, London SW1H 0DB



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