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## Understanding barriers to leisure travel after disability: Status of metropolitan of India

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**Purpose:** Tourism is one of the most popular leisure activities which enhance community integration and quality of life for individuals with disabilities. Many barriers to travel still exist, requiring skill and patience on the part of the traveler. This study examined the major accessibility and attitudinal barriers that people with Spinal Cord Injury (SCI) encountered along with the recent status of tourist spots in famous metropolitan cities of India.

**Methods:** Phase 1: List of 1531 post discharge SCI clients from Indian Spinal Injuries Centre, Delhi (August 2013 to July 2014) was obtained. 200 were randomly selected. Telephonic interview on 'Tourism Survey Questionnaire' addressing six domains was administered and responses were obtained from 86 (urban, rural India). Phase2: Access Audit Checklist was administered to review the current status of top five tourist spots in Delhi, Mumbai, Bangalore, Hyderabad, Calcutta and Chennai. Phase3: Booklet on Tourism Facilities for wheelchair users was developed. Phase4: Case study on C5-C6 & D10 for evaluating their satisfaction for community reintegration in Delhi via Booklet was provided.

**Result:** 83.72% stated that their frequency of tourist visits had been reduced after injury, and only 12.79% were aware about disability tourism. Common barriers were unavailability of active wheelchair at tourist spots, negative connotations (74.4%). 76 stated unavailability of medical facilities at tourist places as main reason. Intrapersonal constraints were viewed as a major factor that reduced an individual's frequency, rate, or satisfaction as a participant in an activity.

**Conclusion:** This preliminary report is an initiative to have a view on disability tourism which has an impact on an individual's motivation, independence and overall quality of life.

### Biography

Nishu Tyagi has completed her Masters from Indian Spinal Injuries Centre (ISIC) Institute of Rehabilitation Sciences, Delhi, India in 2013. Her inclination towards researches and determination attitude towards profession made her to achieve 'Inga-Britt Lindstrom Grant Award' in 2013. With that she started working with her colleague on one of her most awaited dream project 'taking rehabilitation at home through common technologies especially for neglected and rural disabled' at ISIC in 2014. Now, her dream project has been transformed in to the department named 'TeleHealth Unit (E-Seva Centre)' in 2015 in which she is looking after the home rehabilitation care of patients with different diagnosis and till now rehabilitated more than 1000 patients (national and international) through TeleHealth Unit at ISIC. She has published 3 papers in reputed journals and written two chapters in the book titled 'Research Publication and Ethics'. She has presented more than 12 papers in national and international conferences. She has been awarded with the 'Smart City-Jan Award' by Navbharat Times Newspaper of India for 'Excellence in Medical Field'. Presently, she is working as a Research Associate and supervising TeleHealth Unit in India at ISIC. Now, her next target is to 'Explore the human Brain' and come up with new innovations in rehabilitation sciences.

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