

Disability Campaign.org



Dining Out Tips

1. ***Use humor.*** In most cases, humor always helps to eliminate the tension created by awkward situations when dining out. It can make light of the situation and put everyone at ease.
2. ***Be aware.*** Determine with the host the best route to your table so she will be aware of the width of your wheelchair and the route to have the least diners disrupted. That will also draw her awareness to any steps on the way.
3. ***Be prepared.*** Call ahead and make the restaurant aware that you are coming and confirm that they can accommodate a person using a wheelchair or walker.
4. ***Speak first.*** When escorted to a table, most individuals are willing to help but not quite sure what to say to someone with a disability. By being the first one to speak, it can immediately ease the awkwardness of silence and engage the other individual in a pleasant conversation.

5. ***Apologize for any inconvenience.*** If you are inconveniencing others or disrupting them, please offer a sincere apology with a smile and be sure to thank them for their help.

6. ***Think perspective.*** Whenever you need to intrude on someone else's space or conversation, try to think of things from their perspective. Their lukewarm response may not be a result of your interruption, but instead a reflection of the emotional conversation they could be having with a special friend.

7. ***Move on.*** Once you have apologized and perhaps added a bit of humor, move on. Don't make a big deal of a little awkwardness.

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