



National
Autistic
Society

Pathological Demand Avoidance

Jurys Inn, Birmingham
Tuesday 26th November 2019

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Introduction to this guide

Why have the National Autistic Society produced this guide?

We wanted to ensure that all delegates have as much information as possible ahead of the conference to allow for planning and preparation, this guide was also designed to provide autistic delegates and speakers with as much sensory information as possible from an autistic perspective to allow for managing expectations and planning around known needs.

This guide will 'walk' you through the areas of the Jurys Inn hotel that are being used for the conference, as well as giving key information on toilet facilities, lifts/stairs and transitioning between rooms.

An explanation about terminology

The language we use is important because it embodies and can therefore help change attitudes towards autism. To reflect the findings of research, the National Autistic Society has begun to increase the use of the term 'autistic' – particularly when talking about and to adults in that group. We may also use 'on the autism spectrum' as another way of describing people.

Within this guide we will use the language that the venue uses to describe rooms, facilities and floors of the building as this will reflect the wording on the signs in the building.

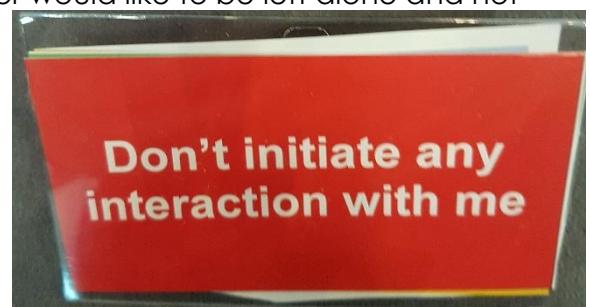
Autism Access Information

Please see below for details about the specific accessibility arrangements we have made for autistic delegates at the conference. If you have a specific requirement that is not listed, please contact us on conference@nas.org.uk and we will do our best to meet your needs.

Interaction badges

You can request these when you register or at any other time during the conference. These allow you to indicate how you would like to interact with other delegates:

- **red** badges indicate that a delegate or speaker would like to be left alone and not have contact initiated
- **yellow** badges indicate that people who are already known to the delegate/speaker may approach and initiate conversation
- **green** badges indicate that the delegate/speaker is open to anyone initiating conversation
- **purple** badges will be displayed by delegates who are offering themselves as support to others (there may be none of these on display – please seek out a staff member if you need assistance)



We will ask other delegates to respect the badges, but please be aware that we cannot enforce this.

Seating and reservation signs

We will have seats reserved for autistic delegates, if you don't like to be near people or need to be able to get out easily. You can choose to sit in these or use any other available seat if you prefer.

Reservation signs will be available if you want to reserve a particular chair to sit in or if you need to be able to leave your chair and come back to it later. You can request these when you register, or at any other time during the conference from one of the NAS staff.



Questions for speakers

If you prefer not to ask questions aloud, you can leave written questions in advance of the session and we will pass them onto the Chairperson or the session speaker. We cannot guarantee that they will select your question to answer, however. Please leave your written questions at the registration desk at least 1 hour prior to the applicable session.

Staff

The National Autistic Society conference staff and volunteers will be wearing **purple** polo shirts with our new spectrum logo in white on both sides



Entrance

The main entrance to the Jurys Inn venue is on Broad Street, there is either a ramp or three marbled steps to the doors. There is a revolving door in the centre and manual push doors to the sides.



Ground Floor

Reception Lobby

On entering via the main entrance the reception lobby is a wide space with shiny stone-coloured marble floor. The hotel reception is to the left, up four steps, but delegates do not need to speak to any of the staff there.



All delegates should instead turn right just past the check in touch screen, to the lifts/stairs to go to the Conference Rooms on the first floor.

There are a bank of lifts on both sides of the corridor and the stairs are through the doors on the left at the end of the lifts (by the doors to Pushkar Restaurant)



Lifts and Stairs

The lifts are standard size with mirror surfaces and a wooden-effect lower section under the metal handrail.



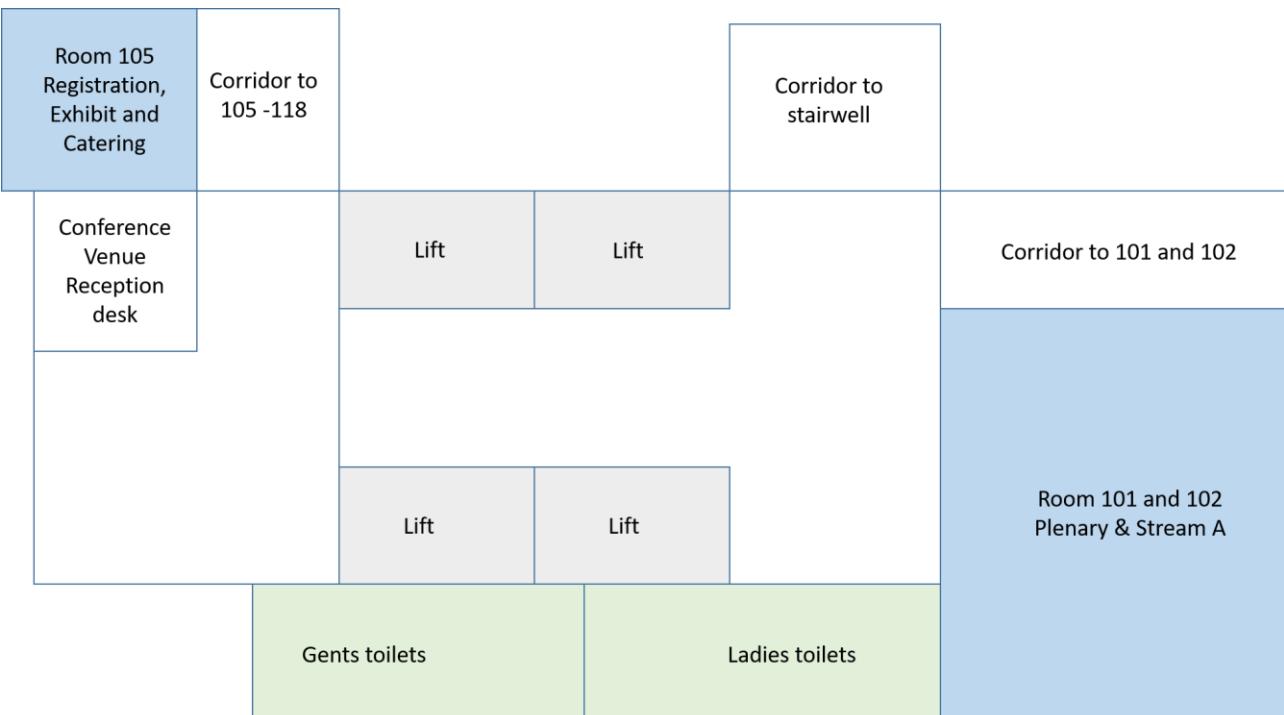
The lifts open on the first floor in a small lobby between the gendered toilets, the conference area reception, the stair well and the door to the Plenary/Stream A room.



The stairs are in a white walled stair well, with deep purple carpet and black-topped metal handrails. There are bright, strip fluorescent lights in the stairwell and corridors to the floors.



First Floor



First Floor lobby

On exiting the lifts or stair well there is a lobby area that leads to the toilets and the reception area for the

conference rooms
(this will be manned
by staff from Jurys Inn during the conference)



The carpeting in this area is multi-coloured stripes and the lighting is small ceiling spotlights. The reception desk may get noisy during the day as it is part of the working office for the Jurys Inn conference team.

Registration

Registration is in Room 105-110, which is down the deep-pink carpeted corridor from the conference reception area.

Inside the room there will be a table set up with the NAS purple tablecloth where delegates can collect their name badges, lanyards, interaction badge and delegate pack

(please return the lanyard and interaction badge at the end of the day as these are re-used at the next conference!)



Exhibition

The Exhibition and the catering for the conference is also in Room 105-110 with Registration.

The space is 4 rooms combined with the dividing wooden panels pushed back (Room 105 only pictured)



The space has large windows overlooking the side street and small ceiling spotighting.

The carpet is a purple/grey colour with a crossing line pattern.



Quiet Room

The Quiet Room is in Room 111, with the same carpet design, décor and lighting as the Exhibition room.

Stream B

The Stream B sessions will be held in Room 113-117 (three rooms combined) with the same carpet design, décor and lighting as the Exhibition room.

The presentation screen will be in front of the outside windows, with a ceiling fixed projector. Seating will be arranged in chair-only rows.



Plenary & Stream A

The Plenary and Stream A sessions will be held in Room 101-102, which is in a separate corridor to the other conference rooms, between the stairwell and the lifts, at the end of the corridor is an alarmed fire door.

There are hanging strand blinds across the windows that look out on to a rooftop for the hotel and the carpet is the same stripy pattern as the conference reception area.



The space is two rooms with the wooden dividing panels pushed back to create one large space, both rooms have the same grey/purple carpet design as the Exhibition space and the same small ceiling spotighting.

There is a large skylight above that can be covered over, depending on the needs of the presenter – the presentation screens will be in front of the large outside windows with the projectors fixed to the ceilings halfway across the rooms.



Facilities

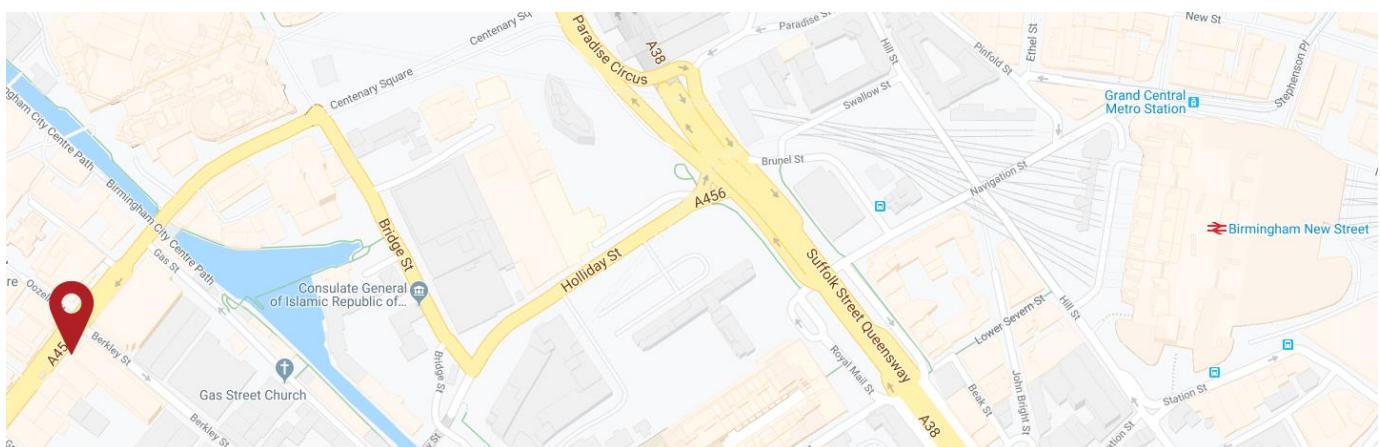
The facilities are gendered multi-cubicle toilets with disabled cubicles included.

The colour scheme inside the ladies and gents is blue wall tiles and cubicle doors with darker blue frames. The sinks are white basins embedded in a black surface, single push taps and a single silver hand dryer.



Travel

From the Jurys Inn website <https://www.jurysinns.com/hotels/birmingham/map>



How to find our hotel in Birmingham

The hotel is on Broad Street, just a short walk from the ICC and Town Hall.

As there are due to be extensive roadworks in the centre of Birmingham for all of 2019 and into 2020 the hotel advises extra time is allowed for travel – taxis are still able to drop passengers outside the hotel when coming from the train stations.

Estimated walking times from the stations:

- Birmingham New Street (10 minute walk, currently 18 minutes due to roadworks)
- Birmingham Snow Hill (12 minute walk, currently 20 minutes due to roadworks)
- Birmingham Moor Street (15 minute walk, currently 20 minutes due to roadworks)

Car

Leave the M6 at Junction 6 and follow the A38 (M). Follow signs to "City centre, Bromsgrove (A38)". Do not take any exit to left. Go over 1 flyover and through 2 Queensway underpass tunnels.

On exiting the 2nd underpass tunnel, keep in the left hand lane, indicate left and go down the parallel running slip road to the Holloway Circus Island where you take the 4th exit (Bristol St/A38) continue straight and take 2nd left turn onto Holliday St/A456.

Drive along Holliday St/A456 and at the roundabout take the 3rd exit, turning into Granville Street. At the end of this street take a right, which brings you onto Broad Street.

Take the next right onto Berkley Street. Our car park is on the right just after the hotel.

Sat Nav postcode: B1 2JP

Paid parking is available at the hotel's onsite car park, which has 200 parking spaces. The following tariffs apply:

4 to 6 hours: £6.00

7 to 10 hours: £9.50

11 to 24 hours: £14.20

The nearest public car park is 4 min walk away at Brindley Place. It is opened 24 hours and the cost is £15.70 for 24 hours.

Frequently Asked Questions

For more general questions about the conference, including pricing, content and speakers please contact conference@nas.org.uk

Q) Where is the reserved seating for autistic delegates and do I have to sit there?

A) There will be reserved seating around the edges of the room and some at the front for speakers. You do not have to use this seating, it is completely optional to autistic delegates.

Q) Will the audience be allowed to clap speakers or will there be a rule about using the BSL applause ('flappause') only?

A) We encourage all our audiences to be mindful of the sensory needs of others and advocate for the use of BSL applause, however we cannot control the audience response and there are autistic speakers who want the auditory applause for sensory input.

Q) What happens if I have a sensory overload during a talk?

A) Please feel free to use whatever communication method works best for you:

- There will be a conference phone on the day that you can call or text if you need help, this number will be given out at registration

- If you are able to get out of the room yourself then please make your way to the Quiet Room
- Find one of the NAS staff in branded purple t-shirts

We will do our best to help you at the time but please think carefully when planning your day and have sensory aids or stim toys with you if this normally helps

Q) Can I leave the conference venue for a break during the day?

A) Absolutely, just make sure you take your lanyard with you so staff know you are a conference delegate

Q) What if I need to leave early?

A) That's okay, we understand people may have childcare arrangements or booked travel to get to! Please leave the room you are in quietly and at an appropriate break in sessions if possible to not disturb the speakers. Please also remember to hand back in your lanyard before you leave, although you are welcome to take with you the printed name badge as we cannot re-use those!

Q) I need a support worker with me at all times, can they sit in the seats reserved for autistic delegates or do I have to sit elsewhere?

A) Yes, they can sit with you in the reserved seats, however we would ask all support workers to consider the needs of the other delegates when choosing seats in those areas.

