



Adelaide Airport Sensory Room

Easy English



About this book

This book is written by Adelaide Airport.



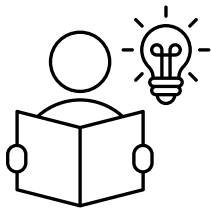
Some words might be hard.



The first time we use a hard word it is bold and **Blue**.



We will tell you what the word means.



You can ask someone to help you read this book.



You can ask **staff** at Adelaide Airport for help.

- **Staff** means people who work at a place.

About the Sensory Room



It is about our **sensory room**.

- a **sensory room** is a quiet room with things to help people feel calm.



It can help when lights or sounds or crowds feel like too much.



You are welcome in the Sensory Room.



It is free to use.

Who can use the Sensory Room



Anyone can use the Sensory Room.

It can help



People with **autism**

- **autism** is a disability that can make it hard to cope with loud noises, bright lights and being around lots of people.



People with an **intellectual disability**.

- **intellectual disability** means your brain works differently. You may need help to understand some things.



People with **anxiety**.

- **anxiety** is when you feel very worried or scared.



You can use the Sensory Room if you need a quiet space to rest.



Airports can be loud and busy.

It is okay to need a break.

Whats inside the Sensory Room



- Soft lighting that you can turn up or down.



- Chairs, bean bags and spots to sit on the floor if you want to.



- Calm pictures on screens.



- Soft things to touch on the walls.



- A bubble tube.



- **Fidgets** to use while you are in the room.
Fidgets are toys that can help people feel calm.



You can also bring in your own things to use in the room.



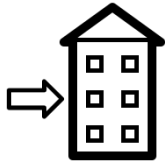
To keep the room quiet there are no flight **announcements** inside.

- An announcement is an important message that everyone in the airport can hear.



You can use the screens inside the room or your phone to keep track of your flight.

Where the Sensory Room is



The Sensory Room is on level 2 of Adelaide Airport.



It is between

- The Virgin Australia Lounge and



- The Airport **Pharmacy**

a **pharmacy** is a shop where you buy medicine.

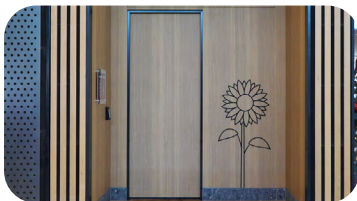


To get to the Sensory Room



1. Turn left after you go through **security**.

Security is where airport staff check your body and your things to keep everyone safe.

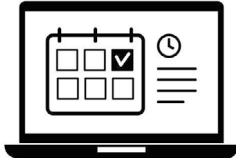


2. Keep walking until you see a door with sunflower art on it.

How to access the Sensory Room



The best way to get to use the Sensory Room is to book it.



It is a good idea to book before you come to the airport.



This makes sure the room is free and ready for you.



Book on the Adelaide Airport website.

<https://adelaideairport.com.au/>



Choose your date and time.



After you book you will get an email with a **PIN code**.

- A **PIN code** is a number that opens something like a door.



If you cannot book on the website you can contact the **Access and Inclusion team**.

- The **Access and Inclusion team** help people with disability.



You can contact the team by



- text 0485 990 823



- email accessandinclusion@aal.com.au or



- call reception on 08 8308 9211

How to get inside

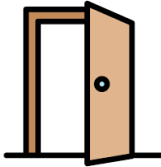


When you get to the Sensory Room you will see a **keypad** by the door.

- A **keypad** is a small box with numbers to press.



Type the PIN code from your email into the keypad.



This will open the door.



If you cannot use the keypad or my code does not work you can ask staff at the Welcome Desk for help.



You can call the Welcome Desk on 08 8308 9211.

If you need help to use the room



If you would like to use the Sensory Room but you did not book, it is okay.



Scan the **QR code** on the sign by the door with your phone.

- A **QR code** is a black and white square that holds information.



This will bring up the website so you can book if the room is free.



If you cannot use the QR code please contact the Welcome Desk.

If you feel upset in the room



If you feel upset or unsafe in the room press the **duress button**.

- A **duress button** is a button that tells staff someone needs help.



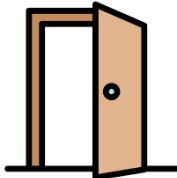
The duress button is on the wall near the door.



Press the duress button once.



Airport staff will get an alert.



They can open the door from far away.



They can also come to check you are safe if they need to.



The room has **CCTV**.

- **CCTV** means cameras that staff use to help keep people safe.

How to leave the Sensory Room



When you are ready to leave press the green button next to the door.



The button is on the right side.



You can leave anytime you want.

If there is an emergency



Sometimes there might be an emergency in the airport.



For example there could be a fire alarm.



This is rare and the airport is very safe most of the time.



If there is an emergency there will be an announcement in the room.



You might see red and orange **strobe lights** on the roof.

- **Strobe lights** are bright flashing lights.



The sounds and lights might be bright and loud.



But they help keep everyone safe.



If the sound feels too loud you can

- gently cover your ears or



- use headphones.



Make sure you can still hear the announcement.
Please follow the instructions from staff.

Staff are there to help keep everyone safe.

Contact



If you need help with the Sensory Room contact Adelaide Airport. You can



- ask questions



- tell staff what worked or



- what was hard.

Contact details



phone 08 8308 9211



email accessandinclusion@aal.com.au



Adelaide Airport wants to be accessible and comfortable for everyone.