

**81st Annual Scientific Meeting of the
American Psychosomatic Society
(APS) 2024**

Access Guide

About this Guide

This guide was created by neurodivergent and disabled members of APS to offer detailed information about the conference, and to reduce uncertainty before traveling to a new place. We took inspiration from the neurodiversity and disabled community to provide as much information before an event as possible, and hope it helps to make your experience at APS enjoyable and comfortable.

Our goal to increase accessibility for neurodivergent and disabled attendees is a work in progress. We are eager to improve our efforts and value your opinion. If you have feedback for us, please email info@psychosomatic.org with the subject line “accessibility feedback”.

[Click here for programme details and timings.](#) For more information, visit the [APS meeting website](#).

Location and Venue

Meeting venue

The conference is being held at the [DoubleTree by Hilton Brighton Metropole Meetings and Events](#); Kings Rd, Brighton and Hove, Brighton BN1 2FU.



This **map** shows the location of the **entrance** (purple cross on the map) on Kings Road in Brighton.



Getting to the venue

Brighton has **many hills**, which can make it difficult to walk for some. The city has a good **public transport system**, and you can often pay with a contactless payment card on the bus. You can find out more about how to pay for your bus tickets [here](#).

The **nearest bus stop to the venue is the i360** (see purple busses on map on previous page), or the Churchill Square Shopping Centre (note that you will have to walk down a hill from here).

You can use Uber in Brighton, or call a local Taxi company (e.g., 01273 20 40 60, for more options, [click here](#)).

Accommodations and accessibility at the venue

Accessibility features of the venue include:

- Accessible toilets on each floor
- Audible alerts in elevators
- Level or ramp entrance into the building
- Braille elevator

For **all venue accessibility features**, [click here](#). For conference-specific accommodations, please see section "[Accommodations at the conference](#)" in this guide.

Arriving at the conference

When you first arrive at the conference, please go to **Reception 2 for Registration**. Reception 2 is on the Ground Floor adjacent to the lobby. State your name and you will be given your **name badge**.



Plenary Sessions

Plenary sessions will be held on the Ground Floor in the “Oxford” room. There will be **spaced out seats** in the **front row and last row** to use if you require or prefer extra space. These will be marked as “**Accessible Seating**”.



Other sessions

For specific room information, please [click here](#). On the conference program, you can see which room each session is in. On the [hotel website](#), click on each room and click “More” to learn about its amenities.

Seating

All chairs have the **following dimensions**:

Depth: 43cm

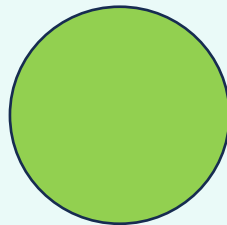
Width: 41 cm

Height: 92cm

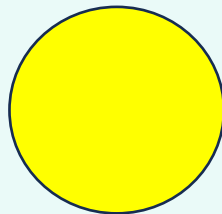
Accommodations at the conference

Badge Color Coding Information

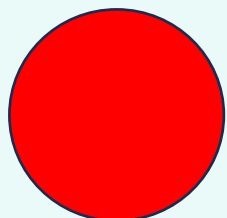
At the registration desk, you can also choose to get [communication badges](#). These are color-coded stickers you can stick on your name badge to indicate to others your **communication preferences**. You can get all three colors, as your social battery is likely to fluctuate. If you prefer not to, you of course do not have to use them, but we ask that you respect others' communication preferences.



Green = Actively seeking communication. May have trouble initiating conversations but wants to be approached by people interested in talking.



Yellow = Prefers to talk to people they recognize.



Red = Prefers not to talk to people. If the person approaches you, you are welcome to talk back to them.

Movement

We will have **space in all rooms for movement** during sessions. If you are likely to get up during a session, please try to get a seat on the **aisle** or on the **“Accessible Seating”** rows to make it easier for you to get up. Do **feel free to move around** as necessary during the sessions, leave the room, or go to the **Quiet Room**.

Q&A in plenary sessions

During plenary sessions in the general room, Oxford, we will use [Slido](#) for the Q&A sessions. You will be able to **submit questions to the speakers online** if you prefer to ask questions in writing instead of verbally. The session chair will explain how it works.

Quiet Room

We will also offer a **Quiet Room** (Surrey 1) for anyone who needs a **sensory break** at any point during the conference. This room includes:

- Chairs
- Tables
- Water
- Sound machine
- Foam stress balls
- Fidget/stimming tools (and sanitizer spray/wipes)
- Earplugs

Please **do not use this room to work, make phone calls, or have a conversation**. There are other spaces for these in the venue. Do feel free to move around, stim, meditate, be on your phone (please use headphones on low volume), or anything else that makes you comfortable.

Lights and noise

Lights in the conference rooms cannot be dimmed beyond what is needed to be able to view the slides for safety reasons.

There may be air-conditioning noise or other general noise in the rooms. Please **bring your own earplugs** or noise cancelling headphones or similar if you need these. Earplugs are also available in the **Quiet Room**.

If you are **sensitive to noise**, we recommend using your earplugs or headphones during poster sessions, when lunch is provided, and coffee breaks.

Lunch and coffee breaks

Lunch, snacks, and coffee will be provided as listed in the [meeting agenda](#). These will be served **buffet-style**, which can get a little crowded and noisy at times. Feel free to take your food and/or drinks to a quieter space if you are sensitive to noise.