



Pinwheel Wellness Centre **Access Guide**

Pinwheel Wellness Centre is located in the Bedford Place Mall

 www.autismnovascotia.ca/programs/pinwheel-wellness-centre



PinwheelWellness

SUPPORTING COMMUNITY MENTAL HEALTH

A Division of Autism Nova Scotia

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1658 Bedford Highway, Unit 55



pinwheel@autismns.ca



782-321-8811

Entering the Centre



Mall Entrance

You can enter the Pinwheel Wellness Center through the main entrance or by a wheel-chair-accessible door on the left side of the building.

Buttons for the power-automated doors of the entrance is located to the right of the door.

Accessible parking spots are available at each mall entrance.

Centre Entrance

The centre is on the first floor of the mall, to the left of the main entrance.

The centre entrance has a doorbell that individuals can use if they need any help with the door. A button for the power-automated door is located on the left-hand side. The center is wheelchair-accessible and scent-free throughout.



Accessibility in the Centre



Centre Washroom

Washrooms: You can reach the accessible, all-gender washroom in the lobby of the Centre by the reception desk. Menstrual products are available if needed.



Centre Room Lighting

Lighting: The centre is equipped with fluorescent lights, which are on dimmers that can be adjusted as needed.

The Centre mainly uses lamps in most rooms instead of fluorescent lighting.

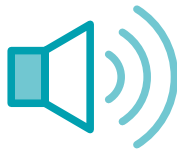


Accessibility in the Centre



Noise Machines

Noise: All Pinwheel Staff try to keep our spaces quiet. Noise machines are present throughout the center as an option to ensure privacy and comfort.



Fidget Tools

Fidget Tools: Pinwheel's meeting rooms have a wide variety of fidget tools to use throughout meetings if you choose to do so. You are also welcome to bring your own fidget or comfort items to the centre.



Accessibility in the Centre



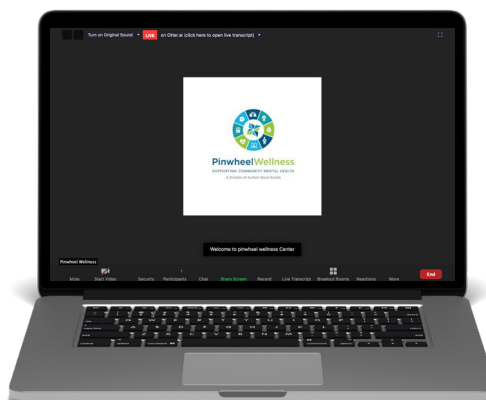
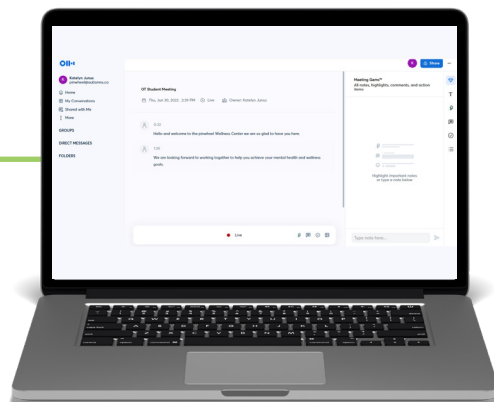
Sanitization Measures

Covid: In our center, we offer free sanitization and medical masks. Masks are not required during meetings but are encouraged. Individuals do not need to be vaccinated to access services.



Example of Live Transcript Via Zoom

Communication: We offer closed captioning and/or live transcript through Zoom and Otter software for all virtual meetings. Pinwheel staff are familiar with communicating with individuals who use AAC.



Access Needs

It is important to Pinwheel Staff that you feel safe and comfortable while visiting the centre or connecting with us virtually.

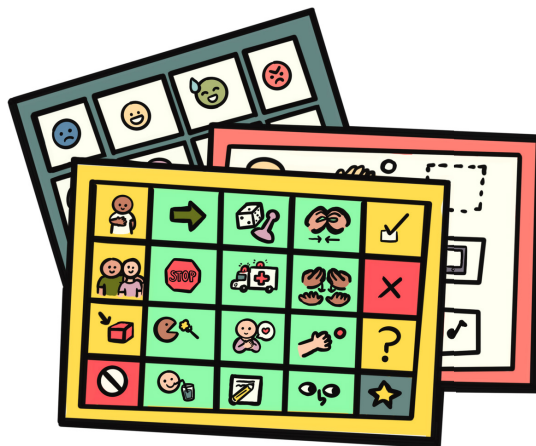
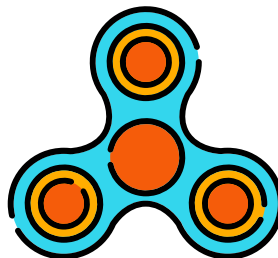
On your initial intake meeting, you will be given an opportunity to share your access needs with Pinwheel Staff. If you ever feel you need to change or adapt access needs, please tell Pinwheel staff.

What are Access Needs?

- Things a person needs to communicate, learn and take part in activities
- Things that make spaces safer and more accessible to all people
- Different for everyone!

Examples of Access Needs:

- Noise-canceling headphones
- Closed-Captioning
- Frequent breaks during meetings
- Adjustable lighting
- Use of fidget tools
- Written, verbal, or visual communication and instructions



Getting to the Centre

Transit: Pinwheel Wellness Centre is located on Halifax Transit Routes 8 and 87.

These busses stop on each side of the Bedford highway in front of the Bedford Place Mall. It is about a 2-5 minute walk from bus stops to the mall entrance.



Crosswalk Leading to PWC

Sidewalks: There is a marked crosswalk with a traffic light to support crossing the Bedford Highway safely. There are paved sidewalks leading to the Centre. In the parking lot, there are marked crosswalks for safety.

Public Seating Area

Waiting for Your Ride: There is lots of seating in the Bedford Place Mall for those waiting for rides and busses. There are also covered bus shelters with seats at each bus stop in front of the mall.



Accessing Services Virtually

You can choose to access services at the Pinwheel Wellness Centre in-person, online (video call), or over the phone.

You will need:

To access virtual services through Pinwheel, you will need a phone (cellphone or landline), internet connection, and a device that enables video calls (laptop, smartphone, tablet).



Where to take virtual meetings:

You are welcome to take your meetings from any location as long as you have access to needed items (internet, phone, etc.). Consider the safety and privacy of your space. You may not want other people to overhear you. Using headphones, closing doors, and scheduling meetings for times you are home alone can help protect your privacy.

Accessing Services Virtually



What to Expect

Before your meeting, your Pinwheel Staff member will confirm your meeting time over the phone or email. They will either send a link for a video call (i.e zoom) or confirm which phone number to reach you at.

Your Pinwheel staff member will join an online meeting or call you at your meeting time. They will always call you from a confidential space where other people cannot hear what you are saying.

If Something Goes Wrong

Technology isn't perfect and sometimes there are issues connecting. If you cannot connect to your scheduled meeting, reach out to your Pinwheel staff via phone or email. They will do their best to help get you connected or reschedule your meeting if necessary.

