

# Stockland Point Cook Sensory Map



## What is a Sensory Map?

Sensory maps are used to prepare a person and increase the predictability of a new environment and indicate calmer, quieter places if needed. This helps to reduce sensory overwhelm, anxiety and stress.

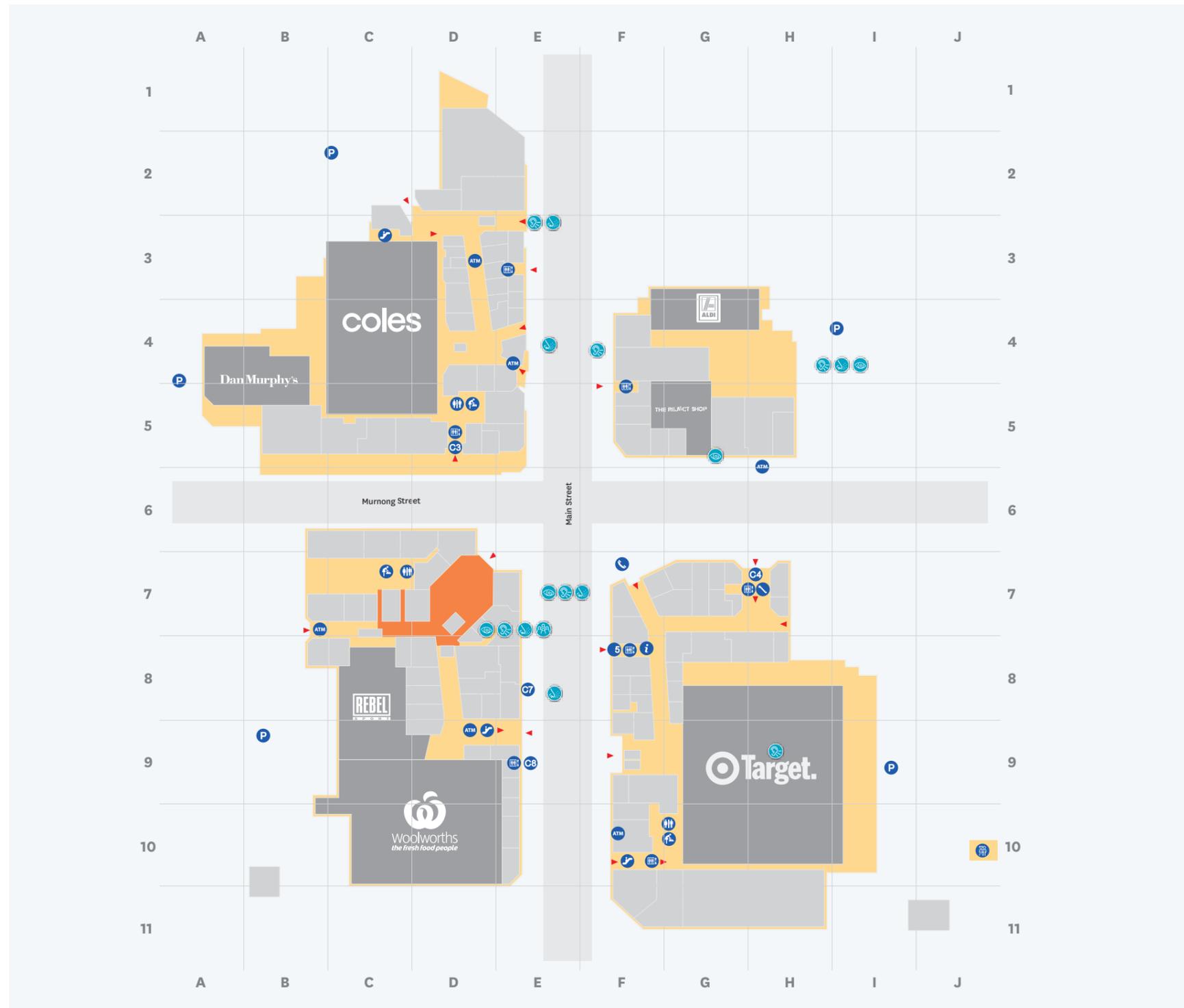
## Developed in partnership with Aspect

This location was assessed by Aspect's Autism Friendly team on a typical, busy day. Autistic people conducted a walkthrough of common areas, giving live feedback about their experience and advising on potential positives, challenges and solutions. Individual retailers and car parks were not assessed.

**Disclaimer:** This map has been created in partnership with Aspect and is accurate as at April 2022 for Stockland Point Cook. The sensory legend is reflective of the common mall areas within Stockland Point Cook only and not inclusive of individual retail store experiences. This sensory map acts as a guide only and has been mapped on a typical weekday in centre. Sensory experiences are subject to change at any time.

## Map legend

- Information
- ATM
- Disabled Toilets
- Toilets
- Parents Room
- My Funland
- Playground/play area
- Escalator
- Lifts
- Parking
- Entry Point



## Sensory legend

- Crowded
- Bright
- Loud
- Smell
- Quiet Room
- Sensory friendly  
An area where there are few sensory inputs and where sensory inputs are controllable or predictable.
- Lower sensory  
An area where there are some sensory inputs but these are not overpowering or competing. Not likely to cause overwhelm.
- Medium sensory  
An area with moderate levels of sensory input. There may be competing sensory inputs. These zones indicate the need for some strategies and have an increased chance of leading to overwhelm.
- Higher sensory  
An area with heightened sensory input or with multiple overlapping/competing sensory inputs simultaneously. Requires the need for coping strategies and has a high likelihood of leading to overwhelm.
- Sensory opportunity  
Indicates a potentially positive sensory space. There may be an opportunity for someone who finds pleasure in a particular sense to experience positive sensory stimulation in this zone.