

Accessibility and Sensory Guide



Every BODY
is welcome here.

We celebrate ALL bodies, irrespective of body size, shape, gender, sexuality, race, ability, religion, socioeconomic status or lived experience.



Respectful nutrition care for every body

At Pod Dietetics, we are committed to providing inclusive, accessible and high quality nutrition care, tailored to individual client needs. We are a *Health At Every Size*® (HAES) verified provider and work from weight neutral, trauma informed and diversity affirming frameworks of care. We work with people of all ages and backgrounds.

We welcome referrals for people seeking support with any aspect of their nutrition, but have specific skills and experience in disability, rehabilitation, chronic health conditions and weight concern. This includes clients with mental health concerns including eating disorders, or complex clinical management including dysphagia or enteral feeding.

Our services

We offer appointments in three modalities:



In-clinic

415 Magill Rd, St Morris

135 Daws Rd, St Marys

1-2/ 58 Cliff Avenue,
Port Noarlunga South



Home visits



Telehealth



The following pages are your [Accessibility and Sensory Guide](#) to your in-clinic experience at Pod Dietetics.

Pod Dietetics would like to acknowledge and pay our respects to the Aboriginal and Torres Strait Islander people as the Traditional Owners of this country, including Kurna country, on which we live, learn, work, and play. Always was, always will be.



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Port Noarlunga South

Coming soon!

St Morris



St Morris

Arrival

Located at 415 Magill Road in St Morris, Pod Dietetics is nestled between a Gotcha fishing supplies store and a vacant block of land.

Pod Dietetics shares the building with Exercise Physiologists from *Movement In Mind*. Directly across the street you will find Corinda Avenue.



The front of the Pod Dietetics building



The Pod Dietetics sign and driveway



Sights

- Cars
- People walking past or getting in/out of their cars
- A couple of large signs, in front of the car park and on the adjacent wall.

These are white, blue, and green with writing - *Pod Dietetics, Respectful Nutrition Care for Every Body*, and our logo, as well as - *Movement In Mind*.



Sounds

- Car and road sounds
- Rustling of tree branches and leaves
- Birds chirping in near by trees



Smells

- Car and road smells - petrol, bitumen



Feels

- Wind and/or sunshine on your skin

Parking

There is one accessible car parking space at St Morris. This is located at the front of the building, with 4 spaces available.

If these car parks are full, and you are able to walk a short distance, parking is also available down Thomas Street, next to the vacant block of land. See the map below.

The other option is to park behind staff cars at the back of the main building, in between the gym and the main building. To get here, you can drive down to the left of the main building.



Sights

- Cars
- People
- Gravel
- Plants out the front of the building



Sounds

- Car and road sounds
- Birds chirping in near by trees



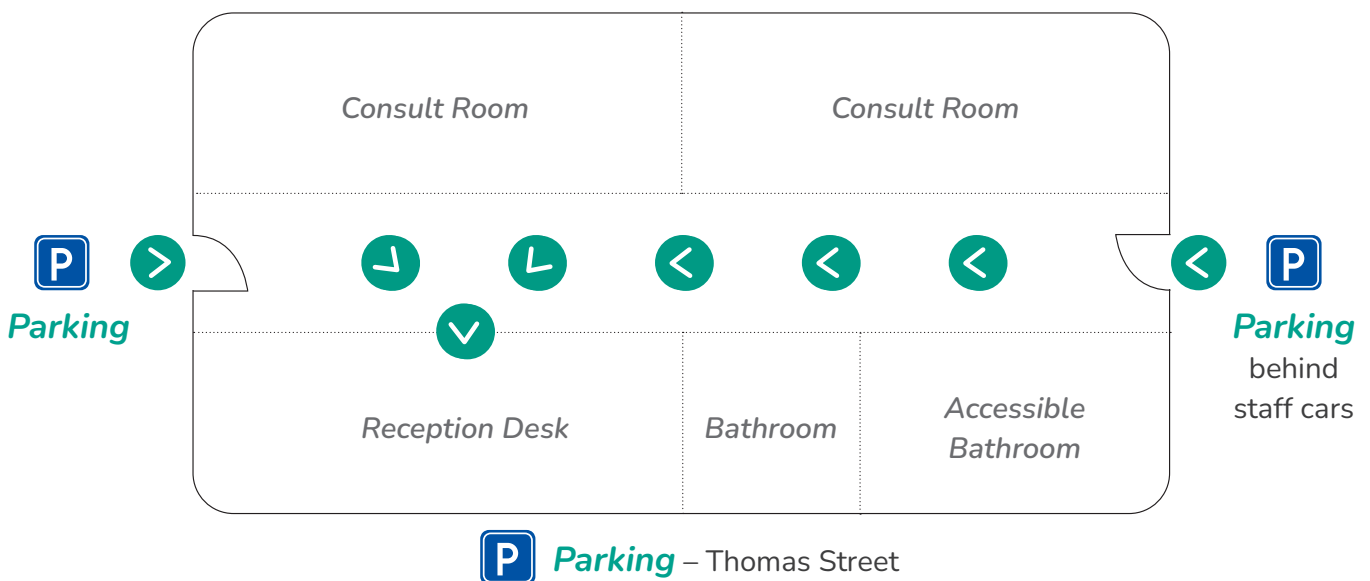
Smells

- Car and road smells - petrol, bitumen



Feels

- Wind and/or sunshine on your skin



St Morris

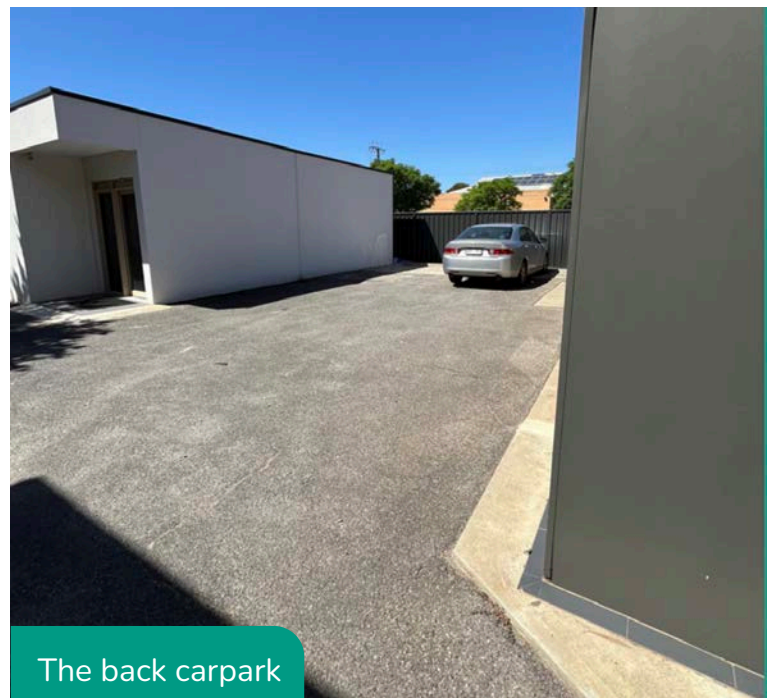
Parking



The front carpark



The driveway on the left side of the buliding



The back carpark

Entrance and waiting area

From the car park in front of the building, clients can enter via the big blue front door. A ramp can be put down at the front door if you require; please mention this to admin staff Suellen, Kirsti, or Chris when you make your booking.

Once inside the front door, turning immediately to your right you will find the reception desk and waiting area. Please let the admin staff know that you have arrived.

From the back car park, clients can enter via the white back door to the main building (you will see a gym out the back also, though only the Exercise Physiologists use that building).

There are no steps at this door, therefore the back entrance is wheelchair accessible too, without need for the ramp to be placed down.

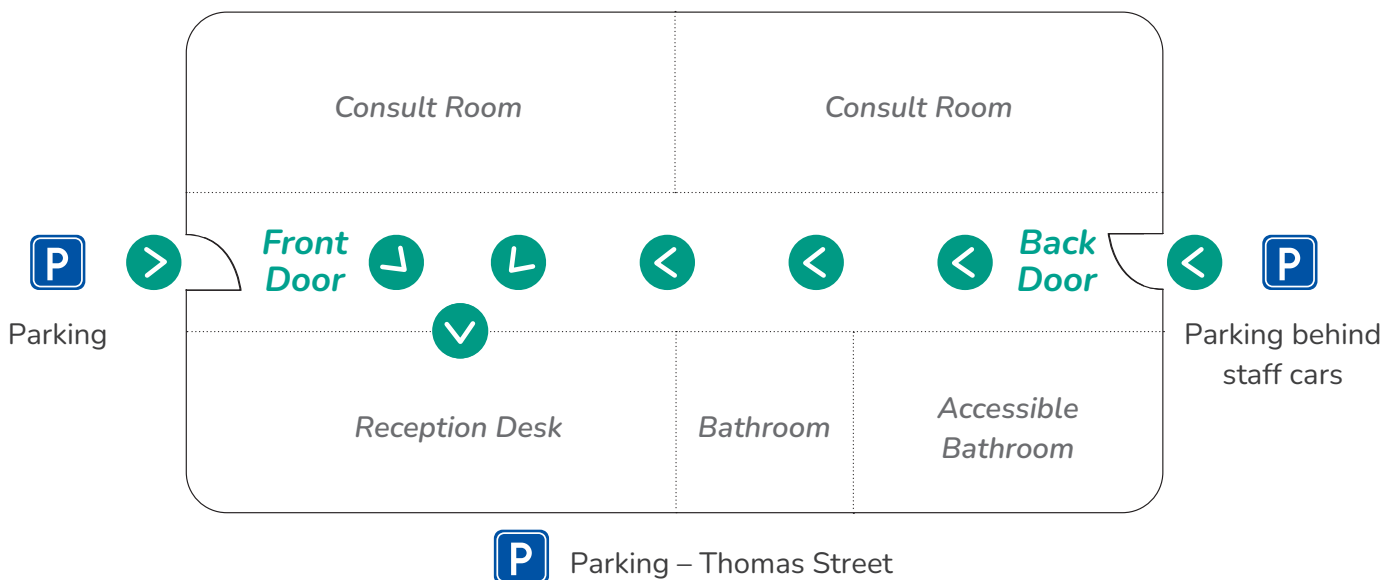
Once inside the back door you will need to make our way down the hallway to the front of the building and turn left to find the reception desk and waiting area. Please let the admin staff know that you have arrived.



The front door



The back door



Entrance and waiting area



Sights

- A big blue front door
- A large wooden desk
- Black and blue chairs
- Plants
- A hand sanitiser station



Smells

- This is a neutral smelling area that generally doesn't have any smells – unless you use the hand sanitiser, or other people waiting are wearing perfume etc.



Sounds

- Music
- The phone ringing
- Admin staff (female voices) talking on the phone
- Tapping of the computer keyboard
- Writing / pen sounds



Feels

- You may feel the air conditioner or heater. Underfoot are firm wooden floorboards. If you choose to sit in the waiting area the chairs are either 2 x black smooth and velvety chairs or 2 x slightly less smooth blue woven material.



The front door ramp



Reception and waiting area

Reception desk

You will see Suellen or Kirsti, at the reception desk.

Part of the reception desk is quite high and for starters you may not think anybody is there! Just move closer to the lower side of the reception desk and you will see our admin staff tucked into the corner!

If there really is no one seated at the desk - you will either see a sign letting you know the desk is unattended for the moment, or admin staff may have just popped out to do something and will be back soon to greet you.



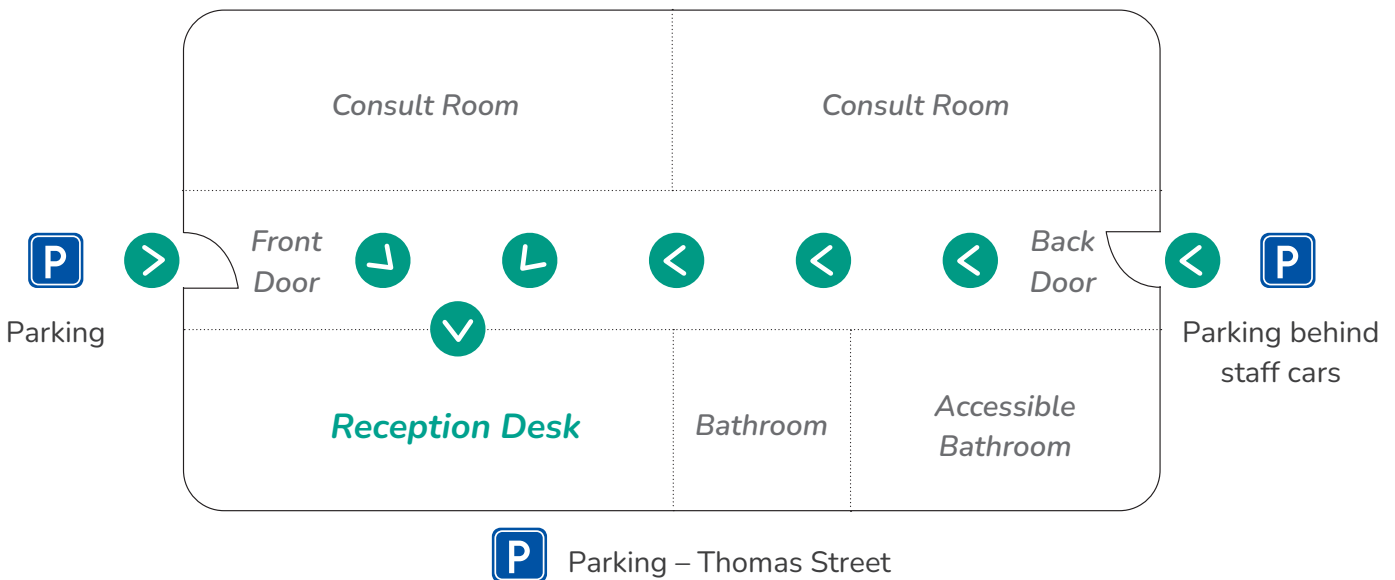
Reception and waiting area



Suellen



Kirsti



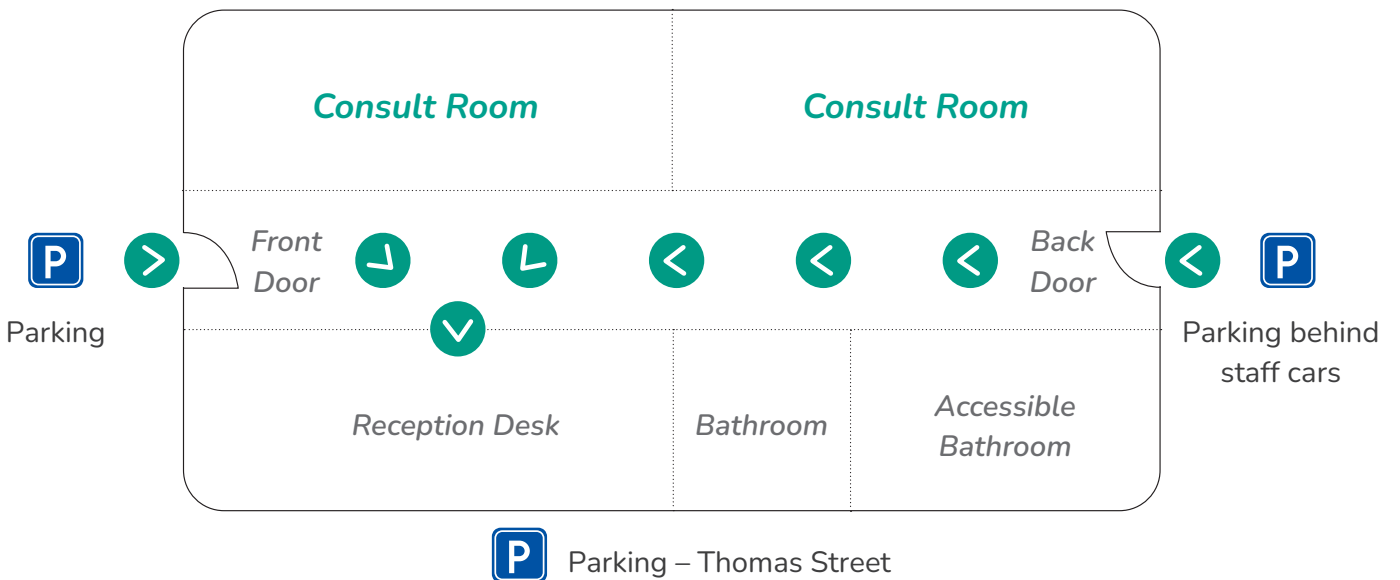
St Morris

Consult rooms

There are two accessible consult rooms in the St Morris building that the dietitians use.

One is located to the front of the building, to the left of the front door, and straight across from the waiting area.

The other consult room is located further down the hallway on the same side, closer to the back door.



Consult rooms



Sights

- 2-3 seater grey couch
- 1 seater grey couch
- Pillows and throw rugs on the couches
- Baskets of fidgets
- Plants
- Artworks hanging on the walls



Smells

- We keep our consult rooms unscented, though there is the option to light a candle if you would like.
- You may smell other client's deodorant/perfume, though clinicians tend to stay away from scents. You can let us know if smells bother you and we can accommodate.



Sounds

- You may hear some road sounds from our front consult room, the front door opening and closing, and people walking outside in the hallway – though these sounds are muted when the door is closed. Same goes for the second consult room.



Feels

- The couches are soft woven textured material.
- There are fidget baskets in each consult room with varying texture items inside, including rubber and plastic pop-its, smooth and weighted hand rollers, and soft and course fluffy worms



Fidget basket



Fidget basket

Bathrooms

There are two bathrooms in the St Morris building. The one located closest to the back door is a larger room and wheelchair accessible. The other bathroom is a smaller room and not wheelchair accessible.

Please also note that sanitary items are available in each bathroom - please also see photos to help you locate these if needed.



Sights

- White doors with round door knobs
- A small silver sign saying 'toilet' on the first bathroom door
- A red landfill bin
- Red signs on the sink cabinet in the first bathroom, and on a basket sitting on the windowsill in the accessible bathroom saying 'sanitary product available'
- sanitary bins
- Toilets



Sounds

- In the first bathroom you will hear the sound of the fan that is turned on with the light.
- In the accessible bathroom you have the option to turn the fan on or leave it off.



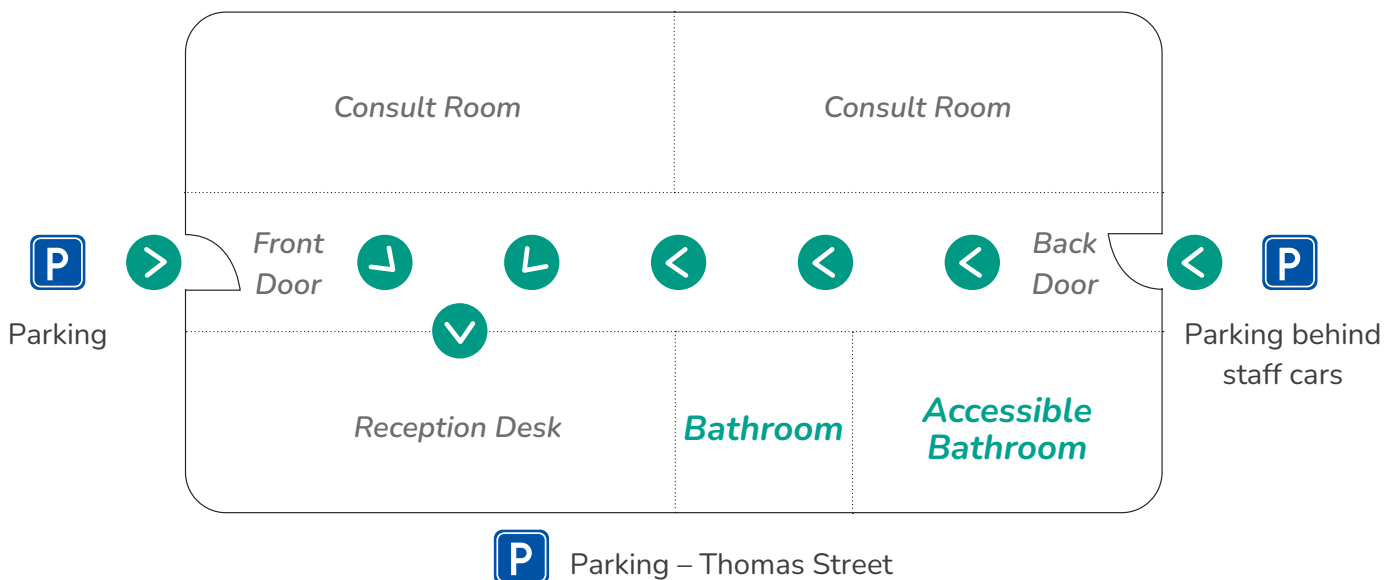
Smells

- In the bathrooms you may smell hand soap, wet/used paper towels, and faint vanilla from the dried flowers.

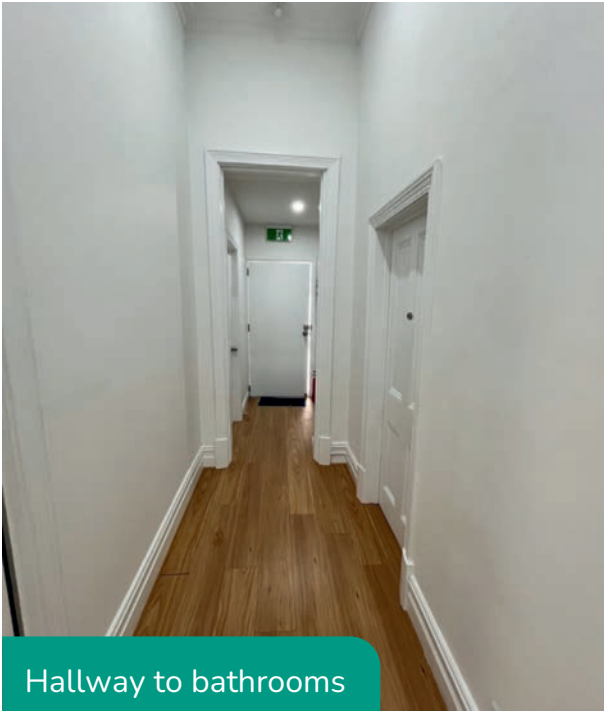


Feels

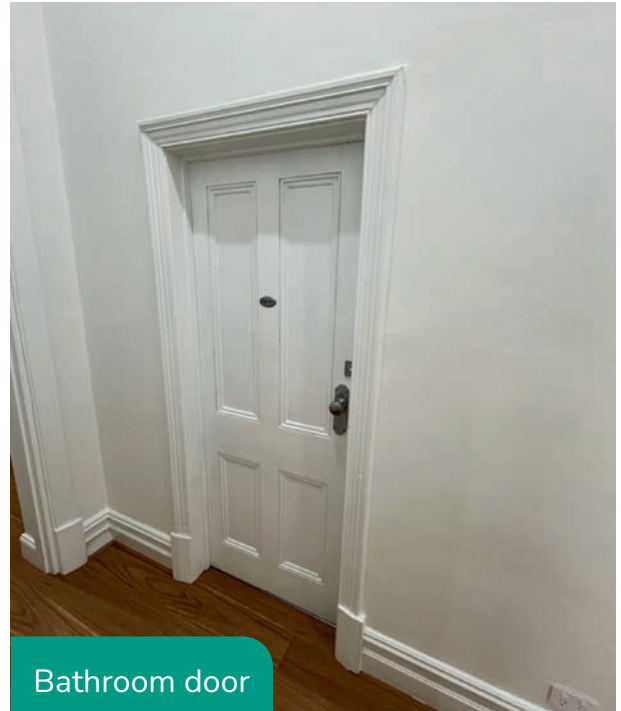
- Underfoot are tiles.
- Paper hand towels are provided in the non-accessible bathroom and a hand dryer is available in the accessible bathroom.
- Both these bathrooms tend to feel slightly warmer than other rooms in the building.



Bathrooms



Hallway to bathrooms



Bathroom door



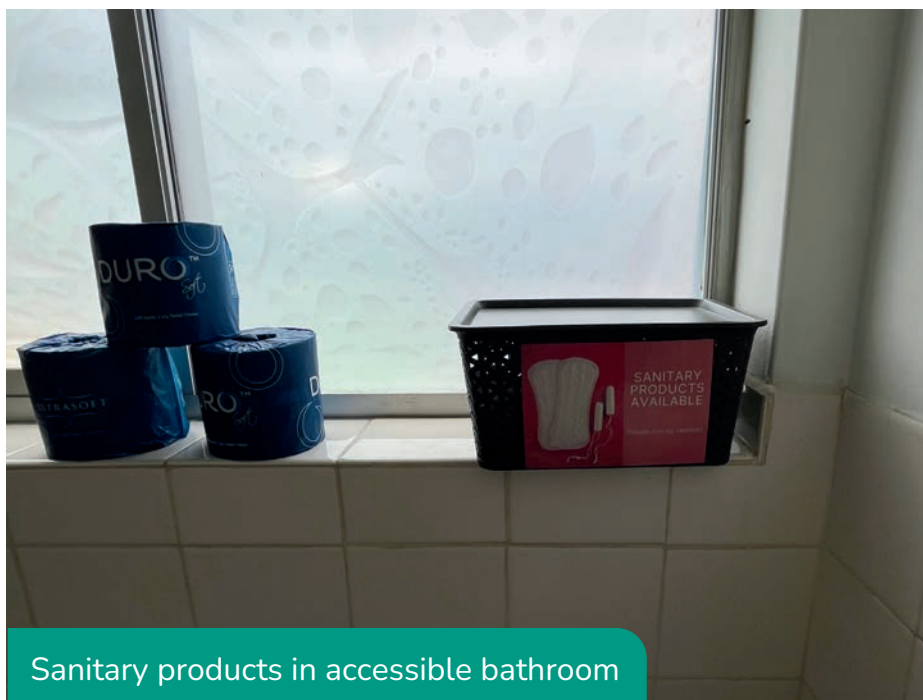
Bathroom vanity and red landfill bin



Sanitary products sign and drawer

St Morris

Accessible bathroom



St Marys



St Marys

Arrival

Located at 135 Daws Road in St Mary's, between Benjamin Street and South Road,

Pod Dietetics is within the black gated area shared with Daws Road Medical Centre and Clinpath Pathology.

There are two buildings in this shared space; Pod Dietetics is in the building to the right (if you are facing the buildings) shared with Clinpath, and the Medical Centre is the building to the left.



Entrance to Daws Road Medical Centre



Daws Road Medical Centre signage



Sights

- Black fencing / gates (looks like a pool fence)
- A large white and red sign, with black writing – DAWS ROAD MEDICAL CENTRE
- Two white buildings
- A very tall tree behind the Pod and Clinpath building
- Cars in the car park



Sounds

- Car and road sounds
- Birds chirping in nearby trees



Smells

- Car and road smells - petrol, bitumen



Feels

- Wind and/or sunshine on your skin



Pod Dietetics – St Marys

St Marys

Parking

Parking is available

1. along the front of the medical centre building
2. behind the Clinpath and Pod Dietetics building
3. in front of the Clinpath entrance (parallel to the building)
4. along the front fencing, facing the road

There is 1x accessible parking space parallel to the front of the Pod Dietetics building.



Parking



Sights

- Cars
- People
- Pavement and concrete
- White arrows on pavement showing you where to drive
- A blue and white disabled parking sign on the pavement where you can park, next to yellow lines where you cannot park



Sounds

- Car and road sounds
- Birds chirping in near by trees
- Machinery humming from businesses near by



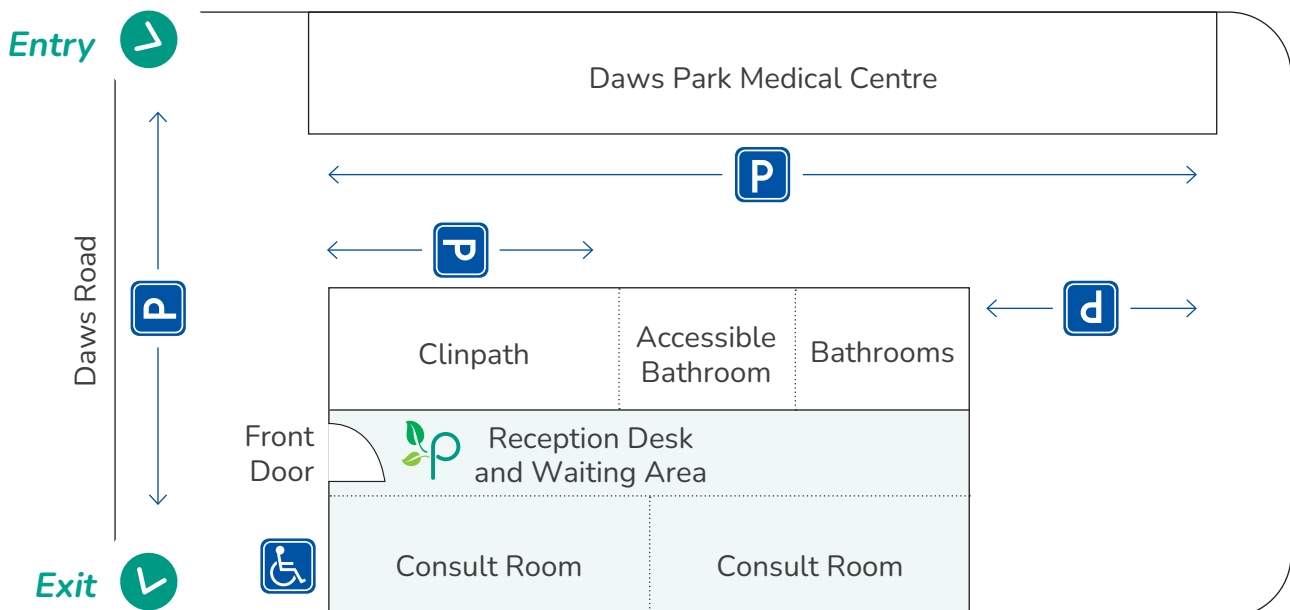
Smells

- Car and road smells - petrol, bitumen



Feels

- Wind and/or sunshine on your skin



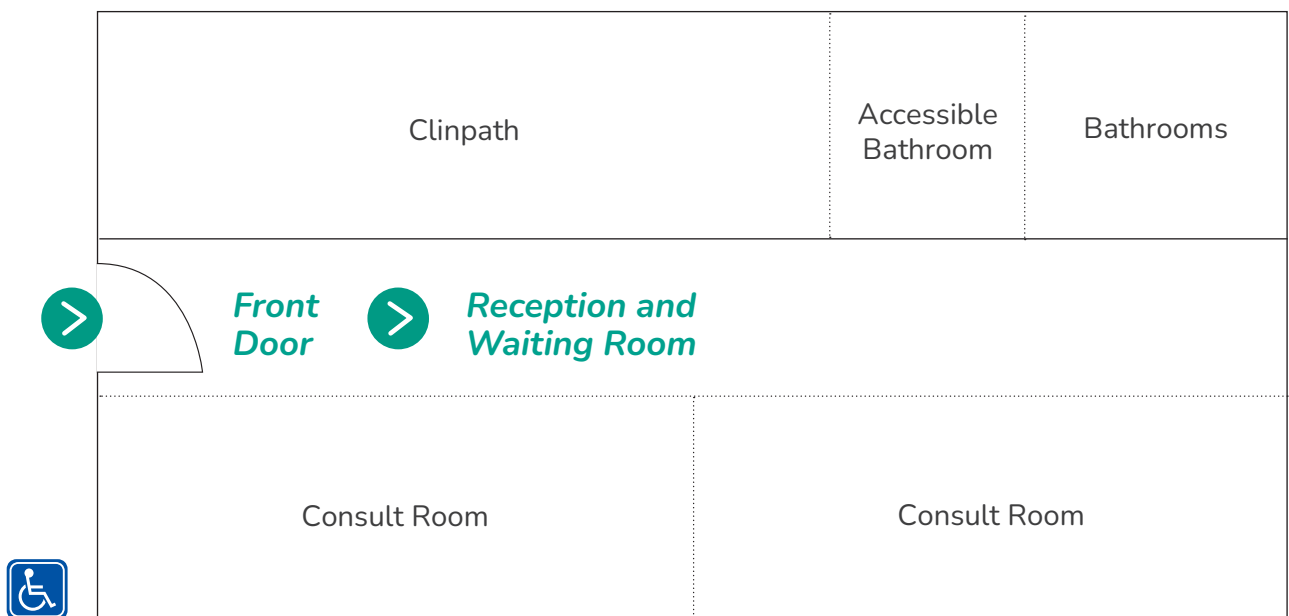
Entrance and waiting area

Clients can enter the Pod Dietetics space from the front doors, which are facing the road. The entrance is wheelchair accessible with a dropped kerb from the small step at the entrance to the parking pavement.

Once inside you will see the reception desk immediately in front of you, and the waiting area and chairs to the left in front of the reception desk. Please let admin staff know that you have arrived.



The Pod Dietetics building and front door



Entrance and waiting area



Sights

- A green A-frame sign with white writing of our logo and 'open'
- Grey front doors to a white building, with green leaves and green writing of 'Pod Dietetics', and our phone number and website on them
- A brown-ish wood and white coloured reception desk
- Plants
- A grey chair
- A yellow chair



Sounds

- Car and road sounds
- Music quietly playing
- Admin staff (female voices) talking on the phone
- Tapping of the computer keyboard
- Writing / pen sounds



Smells

- This is a neutral smelling area that generally doesn't have any smells – unless you use the hand sanitiser, or other people waiting are wearing perfume etc.



Feels

- You may feel the air con / heater.
- Underfoot is grey, course-ish carpet.
- If you choose to sit in the waiting area the chairs are either a soft woven material yellow chair or a slightly less smooth/soft black/grey chair.



Pod Dietetics front door and sign

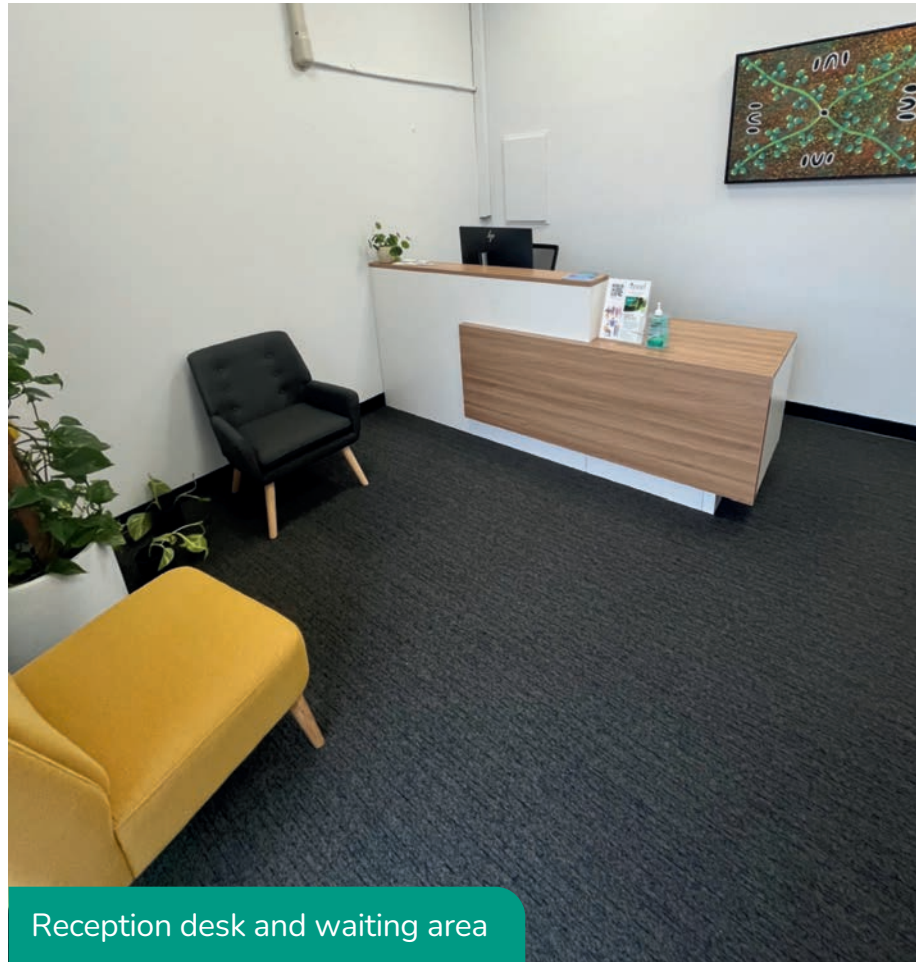
St Marys

Reception desk

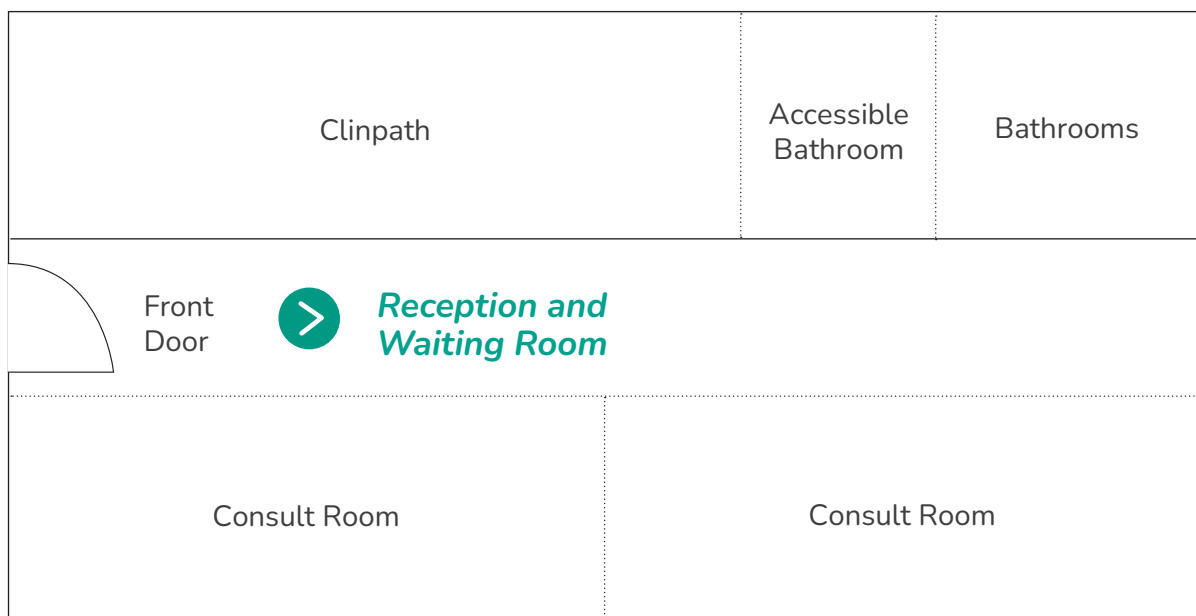
You will see Suellen at the St Marys reception desk. If there is no one seated at the desk when you arrive - you will either see a sign letting you know the desk is unattended for the moment, or admin staff may have just popped out to do something and will be back soon to greet you.



Suellen



Reception desk and waiting area



Consult rooms

There are two accessible consult rooms in the St Marys building.

One is located at the front of the building, to the right of the front door, and straight across from the reception desk and waiting area.

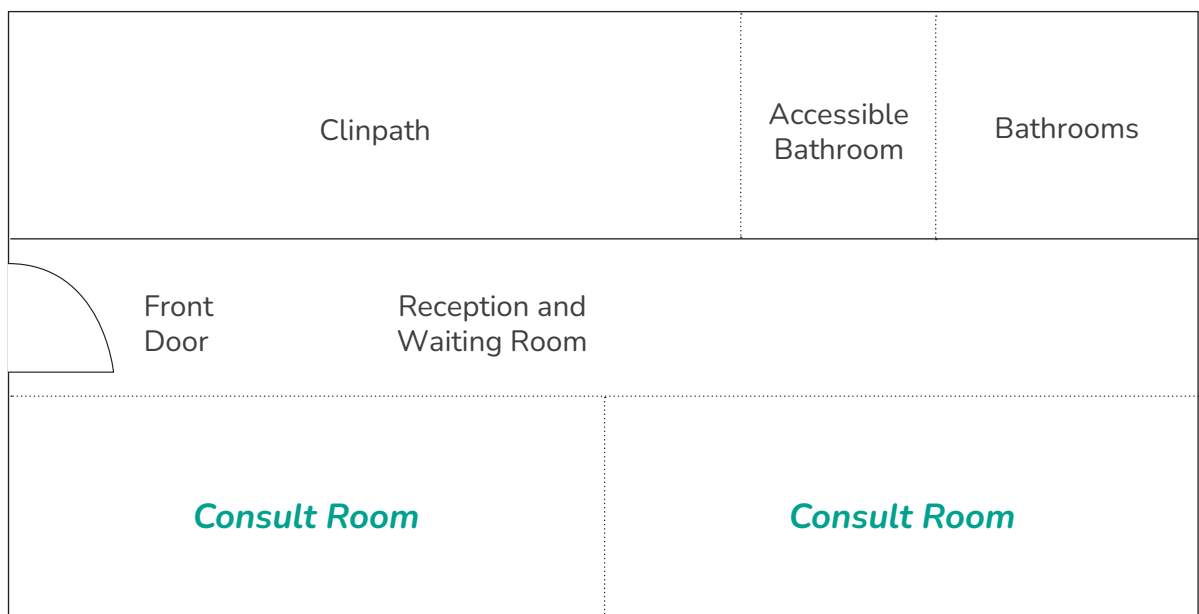
The other consult room is located further down the hallway on the same side, across from the door leading to the bathrooms.



Consult room



Consult room



Consult rooms



Sights

- 2-3 seater grey couch
- 1 seater grey couch
- Pillows and throw rugs on the couches
- Baskets of fidgets
- Plants
- Artworks hanging on the walls
- A white desk and desk chair (one is a cool kneeling chair!)



Sounds

- You may hear some road sounds from our front consult room, the front door opening and closing, and people walking outside in the hallway – though these sounds are muted when the door is closed.
- The ticking of a clock
- The hum of the air con / heater
- Sometimes you may hear machinery from businesses next door



Smells

- We keep our consult rooms unscented.
- You may smell other client's deodorant/perfume, though clinicians tend to stay away from scents. You can let us know if smells bother you and we can accommodate.



Feels

- The couches are soft woven textured material.
- There are fidget baskets in each consult room with varying texture items inside, including a squishy rubber dinosaur, a plastic expandable straw, smooth and weighted hand rollers, and stainless steel fidgets.



Basket of fidgets

Bathrooms

There are three bathrooms in the St Marys building, that are shared between Pod and Clinpath. These are located down the Pod hallway, through the door on the left (across from the back Pod consult room).

The first bathroom is a larger, accessible toilet, while the other two are smaller and not accessible. The bathroom nearest to the back door is wheelchair accessible, while the other is not.



Sights

- White doors with push-down door handles
- Small silver signs saying 'toilet' on the bathroom doors
- A blue and white disabled sign on the accessible bathroom door
- Small white swing top bins to put paper towels in
- Sanitary bins
- Toilets



Sounds

- A fan, if you choose to turn it on. This is separate to the light switch.



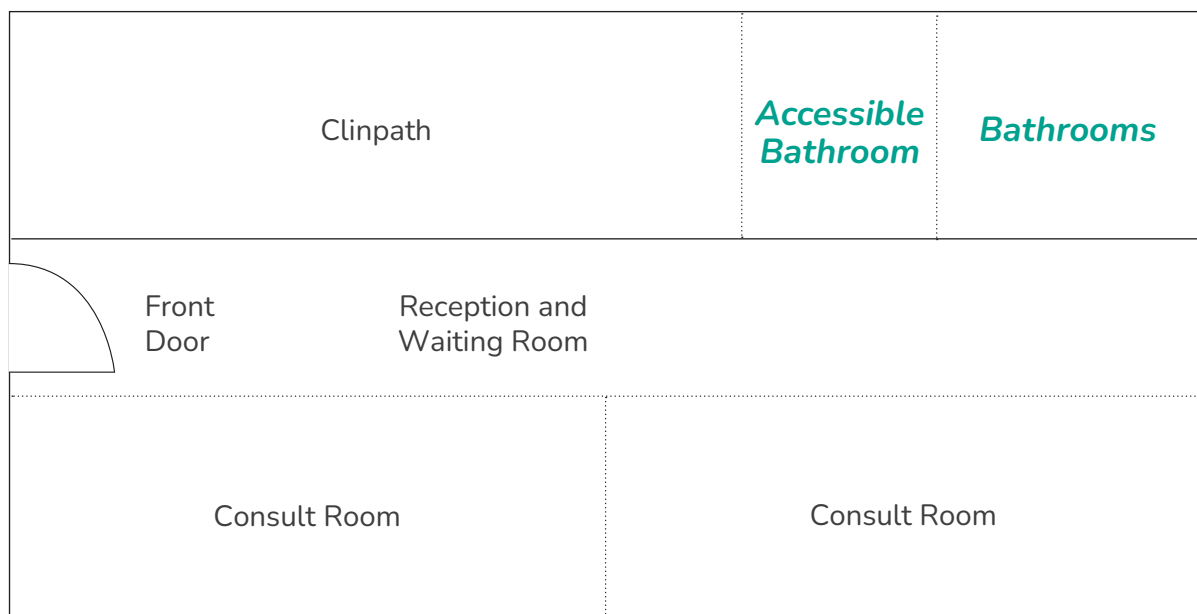
Smells

- In the bathrooms you may smell hand soap and wet/used paper towels.



Feels

- Underfoot are tiles
- Paper hand towels are provided in the bathrooms to dry your hands on.
- These bathrooms tend to feel slightly warmer than other rooms in the building.



Bathrooms



Pod hallway



Bathroom doors



Smaller bathroom



Accessible bathroom

Our dietitians



Natalie



Shenae



Rachael



Katherine



Sarah



Jack



Cassie

St Morris



Our allied health assistants



Emma



Brock




Port Noarlunga South


Coming soon!

If you have any suggestions on how we could make your experience more accessible or sensory-friendly, please let us know.

We welcome your feedback, questions and ideas and thank you for your support.



 415 Magill Road, St Morris SA 5068
135 Daws Road, St Marys SA 5042
1-2/58 Cliff Ave, Pt Noarlunga S, SA 5167

 (08) 7095 6161

 admin@poddietetics.com.au

