

My Blue Jay Park Pack

A Resource for Visitors on the Autism Spectrum



My Blue Jay Park Pack

Instructions:

1. First, take a look at our brochure (found at playground restrooms, Education center, kiosk or website) to learn about the different activities you can do during your visit. Open up the brochure to see a map, which will tell you all the different places you can explore and where they are located in the park. Feel free to take one, mark on it and take it home with you.
2. When you've decided which areas you want to visit, use the location cards in the print-out to create your own tour checklist.
3. Also included in this toolkit are communication cards. Feel free to show them to who you arrived with to let them know when you need to take a break, sit down, use the restroom, etc.
4. Staff are often out and about at the park. If you see someone in a Wake County Uniform feel free to ask them for suggestions for activities, quieter places in the park to explore, etc. Or you can use the communication cards with them as well.
5. Then, start your tour! When you have completed a stop on your tour, check it off in the "All Done" column.

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Sensory tips:

Noisy places

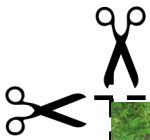
- The playground can get very busy and loud during popular times. Quieter times are generally early afternoon weekdays and early afternoon on Sundays. Park hours are 8 a.m.– Sunset
- The large open fields can have various games and practices happen on them and attract large crowds throughout the year. Busiest times are usually afternoon to evening on weekdays and Saturday mornings.
- During the summer the lake is often busy with boats and large groups enjoying the water's edge.

Quiet places

- The Sparkleberry Loop Trail (.3 mile) and Azalea Loop Trail (.5 mile)
- Check out the Nature Play Area, located close of the playground follow the asphalt trail up from the restrooms. This area is frequently much less busy than the playground and very shaded.
- There are many picnic tables around the park that are good quiet places to relax. However, the picnic tables by the playground are the busiest.

Activity Suggestions

- Bird watching is a popular activity from Osprey around the lake edge to feeder watching at the Education Center.
- Bring a fidget toy if you believe it would enhance your experience at the park.



Picnic Tables



Take a walk on the trails



Playground



Visit the Education Center



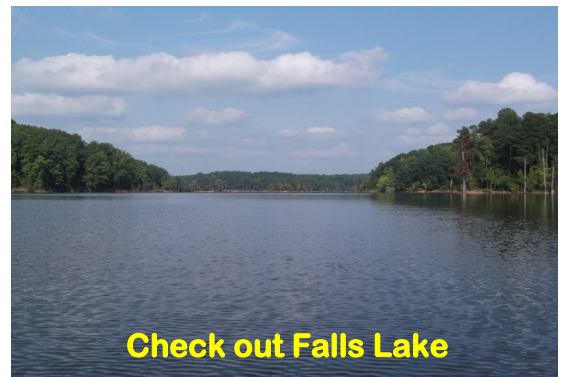
Play a game on the fields



Nature Play Area



Tour the Gardens



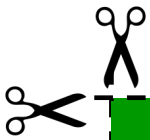
Check out Falls Lake



Meadow



Lodge (Overnight groups)



I need a
restroom



I need help



I would like
a drink of
water



I am ready
to go home



I need a
quiet space



I would like
to sit down

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Tour Checklist

This is what I will see or do:
(attach picture cards or write steps)

All done



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All done



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This is what I will see or do:
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All done



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Blue Jay Point welcomes comments and suggestions about how we might continue to improve our accessibility. Please call, email, or write to us.

This resource was created with help from Access Coordination at The Metropolitan Museum of Art and the Autism Society of North Carolina

