



**82nd Annual Scientific Meeting of
the Society for Biopsychosocial
Science and Medicine (SBSM) 2025**

Access Guide

About this Guide

This guide was created by neurodivergent and disabled members of SBSM 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 SBSM 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@thesbsm.org with the subject line "accessibility feedback".

For more information, visit the [SBSM meeting website](#).

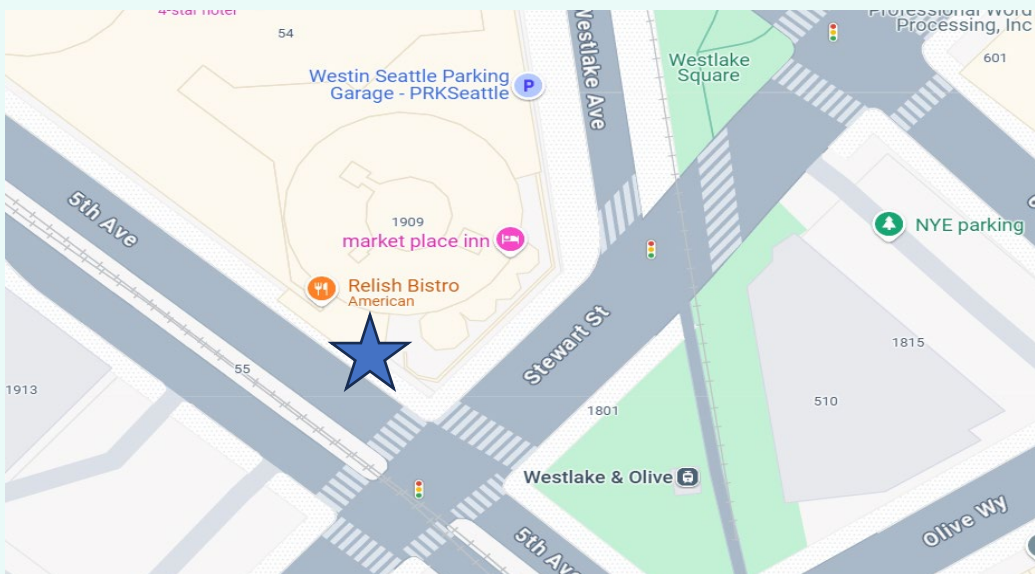
Location and Venue

Meeting venue

The conference is being held at the Westin Seattle, 1900 5th Avenue, Seattle, WA 98101.



This **map** shows the location of the **entrance** (blue star on the map) on 5th Avenue in Seattle.



Getting to the venue

The Westin Seattle

1900 5th Avenue, Seattle, Washington, USA, 98101

Tel: [+1 206-728-1000](tel:+12067281000)

Nearest Airport

Seattle-Tacoma International Airport

Other Transportation Nearby:

Bus Station:

[Greyhound Bus Station](#)

Subway Station:

[Link Light Rail - Westlake Station](#)

[Monorail - Seattle Center](#)

Train Station:

[King Street Station](#)

Accommodations and accessibility at the venue

Accessibility features of the venue include:

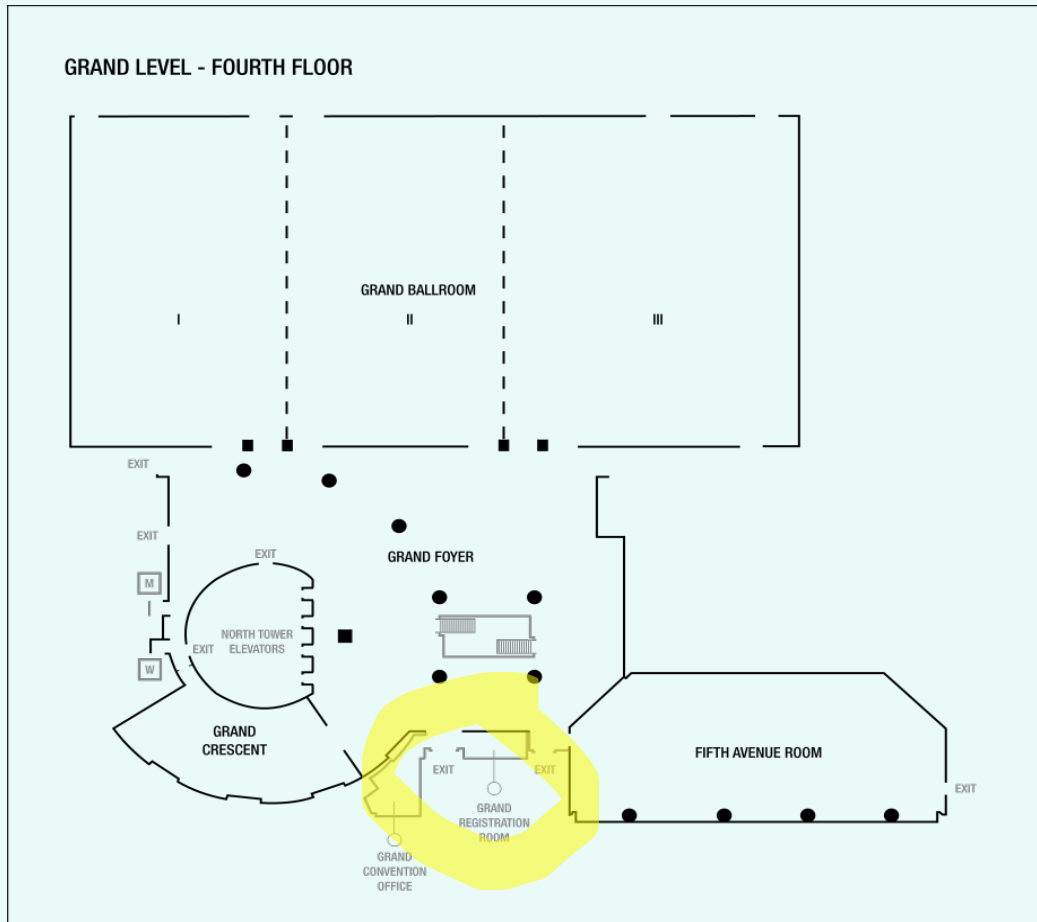
- **Accessible Hotel Features**
 - Accessible on-site parking
 - Property has elevators
 - Self Operating lift or a sloped entry in hotel swimming pools
 - Service Animals are Welcome
- **Accessible Areas with Accessible Routes from Public Entrance**
 - Accessible Entrance to On-Site Pool
 - Entrance to On-Site Business Center is Accessible
 - Entrance to On-Site Fitness Center is Accessible
 - Main Entrance is Accessible
 - Meeting Spaces are Accessible
 - On-Site Restaurants are Accessible
 - Room and Suites Access through the Interior Corridor
- **Guest Room Accessibility**
 - Accessible Vanities
 - Adjustable Height Hand-Held Shower Wand
 - Bathtub Grab Rails
 - Bathtub Seat
 - Closed Caption TV

- Deadbolts on Guest Room and Suites Doors
- Electronic Room Key
- Flashing Door Knockers
- Guest Room and Suites Doors Self-Closing
- Guests in mobility-accessible rooms may inquire about lowering the bed height
- Hearing Accessible Rooms and/or Kits
- Lever Handles on Guest Room Doors
- Lowered Electrical Outlets
- Lowered Viewports in Guest Room Doors
- Mobility accessible rooms
- Non-slip Grab Rails in the Bathroom
- Roll-in Shower
- Safety Chains and/or Latches on Guest Doors
- TTY/TTD Compatible
- Viewports in Guest Room and Suites Doors

For more information about the physical features of our accessible rooms, common areas or special services relating to a specific disability please call the hotel at 206-728-1000.

Arriving at the conference

When you first arrive at the conference, please go to the Grand Foyer on the 4th floor. Registration will be to the right as you exit the elevator, marked in yellow on the map below. State your name and you will be given your **name badge**.



Plenary Sessions

Plenary sessions will be held on the Fourth Floor in the "Grand III" room. There will be **spaced out seats** in the **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 check the meeting app. On the conference program, you can see which room each session is in. On the [hotel website](#), click on each room and click "Floor Plans" to learn more.

Seating

Chairs have the **following dimensions**:

Depth: 43 cm

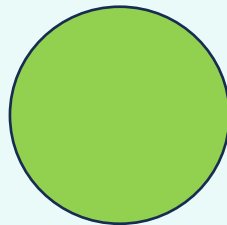
Width: 41 cm

Height: 92 cm

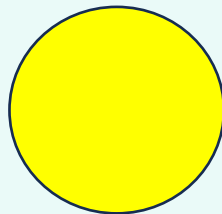
Accommodations at the conference

Badge Color Coding Information

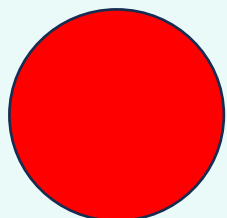
At the registration desk, you can also choose to get [communication badges](#). These are color-coded stickers you can stick on your name badge to indicate to others your **communication preferences**. You can get all three colors, as your social battery is likely to fluctuate. If you prefer not to, 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 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, Grand III, we will the meeting app for the Q&A sessions. You will be able to **submit questions to the speakers through the app** 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** in the Whidbey Room on the 3rd floor of the hotel 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

Breakfast and coffee will be provided as listed in the meeting app. 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.