

San Diego History Center Social Story

A guide to help prepare individuals with autism for a museum visit



About the San Diego History Center

Things to Do Before You Go

Take care of your personal needs:

- Make sure to bring water, snack, sunglasses, phone, wallet with your ID, your Explorer Pass if you have one and any fidgets, headphones, or other comfort tools
- Communicate about your visit with your family
- Prepare for social engagement, create a social script for engaging with people who sell tickets to the museum or work in the galleries
- Call ahead to ask about peak hours/Free Tuesday
- Information on the website can inform you before you go about any potential sensory issues
- If you have a service dog, create a social script to answer questions about your dog

Plan your transportation to and from the museum

- Plan on where to park
- Find a map of Balboa Park so that you can find the museum from where you park. Maps are available online or at the Balboa Park Visitors Center

The exhibitions are always changing, so check on the website before you visit to find out what is on display.

The San Diego History Center is at the east end of El Prado, the main walkway in Balboa Park, next door to the Museum of Photographic Arts.

San Diego History Center
1649 El Prado
Balboa Park
San Diego, California 92101
(619) 232-6203
sandiegohistory.org



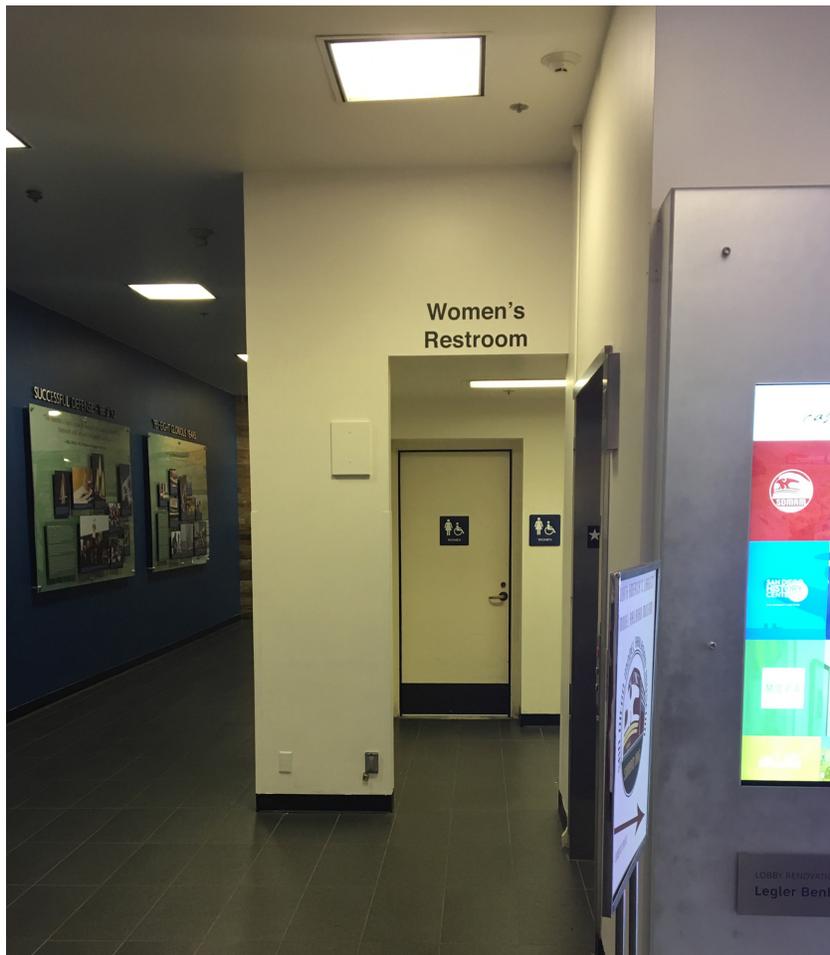
The San Diego History Center is located between the two fountains on the Prado. The History Center can be hard to find. Look for a sign that says "Casa de Balboa." Then look for three archways side-by-side. The San Diego History Center is through the doors on the other side of the archways.



Once you go through the archways, you'll see big glass doors with signage that says "San Diego History Center."



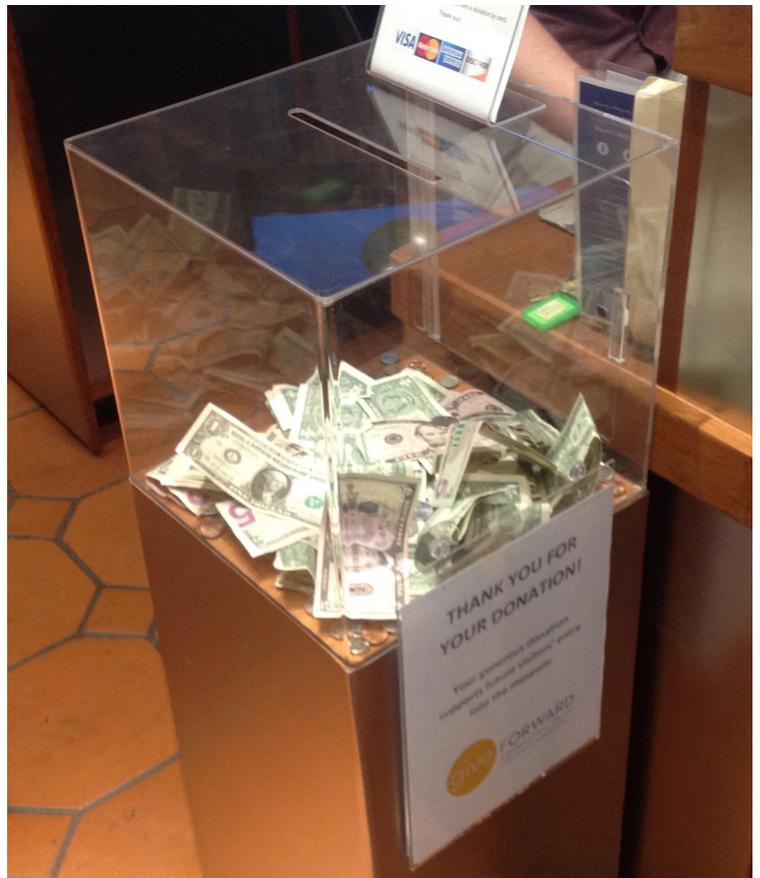
There are restrooms just outside the museum entrance. Now is a good time to use the restroom because there are no restrooms inside the museum.





The admissions desk is in front of you after you enter.

Admission at the San Diego History Center is donation-based. You can pay as much, or as little, as you choose. You can even choose to pay nothing. Staff at the admissions desk call this "Give Forward" admission, because if you choose to make a donation, it helps pay for someone else's visit in the future.



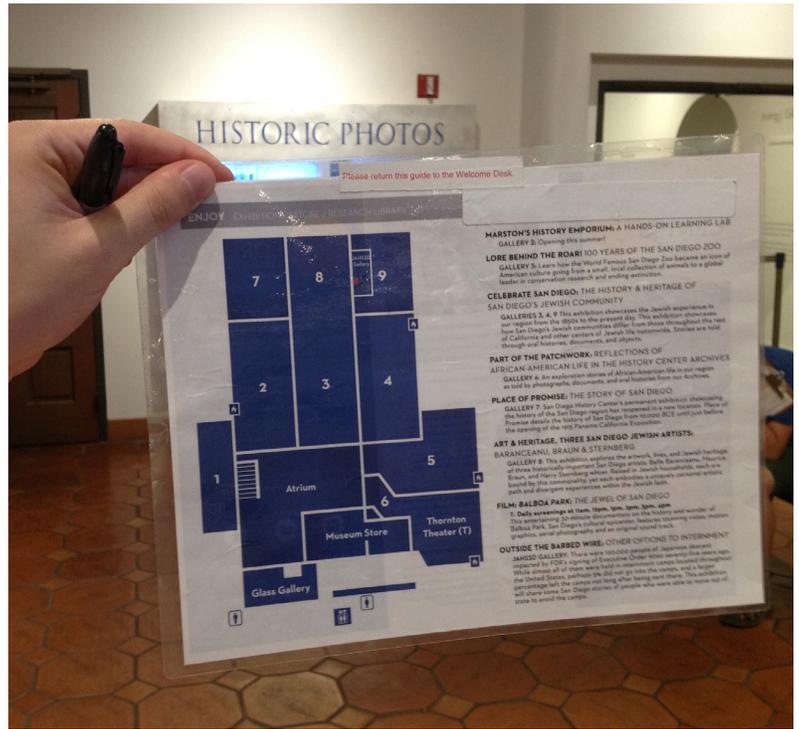


If you have a Balboa Park Explorer Pass, staff will scan it for you.



Food and drinks are not allowed in the museum. If you brought food or a drink, you can leave it in the box behind the admissions desk and pick it up when you leave.

If you would like a map of the museum, ask staff at the admissions desk. They will give you a laminated map that you can use during your visit. When you leave, return it to the admissions desk so that someone else can use it.



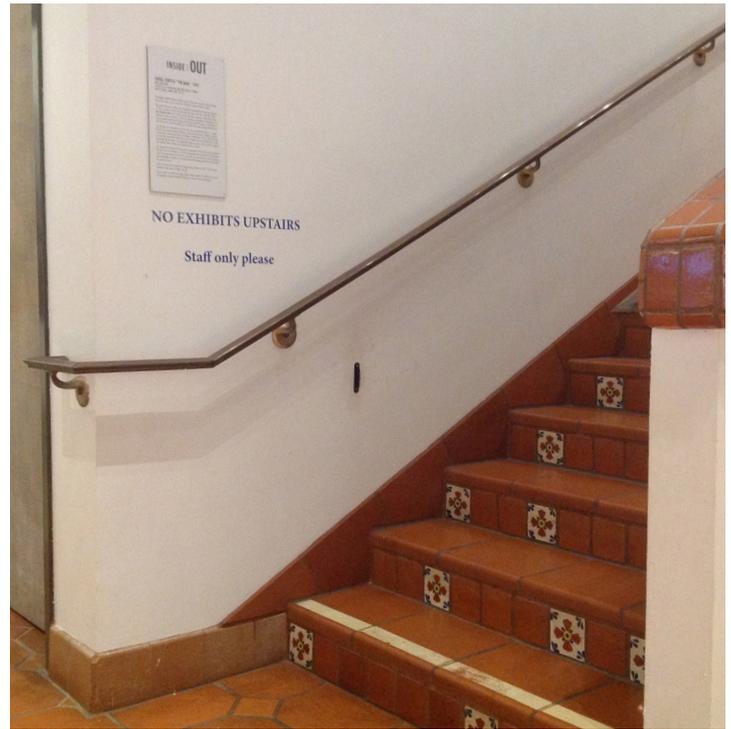
Photography is allowed in the museum as long as you turn off the flash.





Once you get inside, you can explore lots of different exhibits about San Diego's history. You can visit them in any order you like. The exhibits change often, so if you have been to the San Diego History Center before, you might not see the same things that you saw before.

You will see stairs on your left once you get past the admissions desk, but these are only for staff to get to their offices. Visitors need to stay on the first floor.



You can watch movies about San Diego's history in the Thornton Theater. You do not have to pay extra to watch the movie, and you can enter and leave the theater anytime during the movie.



If there are a lot of people visiting the museum, it could get noisy. The Thornton Theater is a good place to take a break if you need a quiet space—you can sit in the theater between screenings.



There are chairs in the main lobby where you can rest.



When you are ready to leave, find your group. The exit is the same big glass doors that you entered through.



Don't forget to return your map to the admissions desk and pick up any food or drink that you left.



You can visit the gift shop before you leave, if you would like to.



Funded by:



Supported by:



This social story was created by a team of young adults with autism.
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