

Six Actions to Prepare for an Emergency Situation

Why is it important to take actions to prepare before an emergency happens?

- A person with ASD is more likely to have an emergency encounter with police, fire or EMS professionals than a typical person.
- Emergency Preparedness is essential if you or a family member have communication challenges, a tendency to wander, a heightened sensitivity to verbal direction, physical touch, flashing or strobe lights, and sirens.
- You are in the best position to know your abilities and needs before, during, and after an emergency situation with professional responders in your community.

ACTION ONE	ACTION TWO	ACTION THREE	ACTION FOUR	ACTION FIVE	ACTION SIX
<p>Assess Your Risk</p> <p>You know your environment, personal health, and behaviors best.</p> <p>Think through your unique circumstances, what you need to do to ensure your safety, and be prepared.</p> <p>There are a multitude of educational materials, training resources, checklists, and technology tools available to help.</p>	<p>Identify Yourself</p> <p>ASD presents unique challenges in an emergency with police, fire, and EMS professionals.</p> <p>Professional responders can be more effective if they know you are a person with ASD.</p> <p>There are many ways to self identify—find the solutions that work for you.</p>	<p>Educate Your Support Network</p> <p>Our friends, families, co-workers, and neighbors are a great source of support and assistance in emergency situations.</p> <p>Make sure your support network knows your situation, who to contact, and how to help.</p>	<p>Make a Plan and Practice</p> <p>Everyone needs a plan.</p> <p>Planning and practice are even more essential for persons with communication challenges, who do not deal well with a change in routine, or are likely to become confused or anxious in an emergency situation with police, fire or EMS professionals.</p>	<p>As needed, prepare for wandering</p> <p>Many individuals with ASD are at risk of wandering. If this is a concern for you, you may want to participate in tracking and recovery programs in your local community (e.g., Project Lifesaver). Consult with local law enforcement for a recommended solution. If necessary, test some technology devices/tools or contact 3rd party call center services for further support.</p>	<p>Be An Advocate</p> <p>YOYO -> You're on Your Own is the new mantra for emergency preparedness. Part of making your own plan is getting to know local law enforcement, fire, EMS, 911, and emergency managers. Make your voice heard! They need your help to learn more about ASD, how to plan and respond effectively, and design programs and protocols that protect you and the community at large.</p>

For additional information, training, tools and technology to execute these EP Essentials.

To learn more, contact the Autism Society of MN

Phone: 651.647.1083 Website: www.ausm.org

Six Actions to Prepare for an Emergency Situation - Continued

Assess Your Risk	Identify Yourself*	Educate Your Support Network	Make a Plan and Practice	Prepare for Wandering (as needed)	Be An Advocate
Flooding or extreme weather	Register with your local 911 (if available)	Introduce yourself to neighbors and co-workers	Consult resources about emergency preparedness	If available, utilize a tracking device and protocol already supported by your community (e.g. Project Lifesaver).	Meet with local emergency responders BEFORE an emergency situation happens
Live near water, train tracks, other potentially dangerous conditions	Carry a card about ASD in your pocket, wallet, or pouch	Explain your situation and concerns to family, friends, neighbors and co-workers	Prepare a checklist	Project Lifesaver).	
House or wild fires	ID Bracelets or other ready to wear identifiers	Ask others to check on you in the event of an emergency and help as needed	Keep ICE information with you	If no locally supported protocol or it does not work for you, consult with local law enforcement for potential solutions.	<i>Meet with local professionals BEFORE an event occurs:</i>
Escalating or other dangerous behaviors that might lead to an encounter with professional responders	Phone apps with "in case of emergency" information	Include contact information in your plan	Ready kit and Go Bag	As needed, turn to phone apps, other technology devices, and/or 3 rd party call center services for support.	<ul style="list-style-type: none"> • Police/Sheriff • Fire • EMS • Emergency Management 911 • School • Get comfortable
Medications	Use the ICE logo on your phone	Share tips, medical information, and "who to contact"	<i>Tools to improve communications with responders:</i>		<ul style="list-style-type: none"> • Share • information • about ASD • Ask for help • Provide tips • Encourage training and better preparedness
Nonverbal	Kitchen magnet		<i>Practice</i>		
Mobility challenges	Sticker or magnet on house or car window		<ul style="list-style-type: none"> • Test your plan • Emergency drills • Social stories • Role play and video modeling • Visit with police, fire, EMS before an emergency occurs 		
Service dog	Consider multiple solutions				
Make a list; learn more about what you need to prepare!	* Balance concerns for privacy, labeling, predatory practices against a responder's need to know.				Consult with AuSM

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