

# Emergency Preparedness Essentials for Persons with Autism Spectrum Disorder

## Six Actions to Prepare before an Emergency Happens

### RESOURCE LIST



Funding and support for this project were provided by the Minnesota Department of Human Services, Disability Services Division, under Interagency Agreement, Contract 443775, with the Minnesota Governor's Council on Developmental Disabilities and in collaboration with the Autism Society of Minnesota.

#### ACTION ONE



##### Assess Your Risk

- Resources, Training, and Checklists That Help You Understand and Assess Risks Unique to or Heightened for Persons with ASD

[Everybody Needs A Plan](#) (Minnesota State Council on Disabilities)

[Autism Risk Management](#)

[Autism Alert](#)

AAC-RERC [Guidance for Persons with Communications Challenges](#)

[AWAARE](#) (Autism Wandering Awareness Alerts Response Education)

[Parent Resource List](#)

[Readiness Tips](#)

[Autism Speaks.Org Tips](#) (interaction with police)

#### ACTION TWO



##### Identify Yourself

- Consider multiple strategies
  - 1) to let responders know you are a person with ASD,
  - 2) to provide medical, contact and other relevant information, and/or
  - 3) to identify special needs and response tactics.
- Wallet Cards (can even be sewn into clothing)
  - Request from the [Autism Society of Minnesota \(AuSM\)](#). Child and Adult versions available.
  - [Print Your Own](#) (more likely for children)
- Contact your local Emergency Communications Center/911 Agency. Many allow you to provide information for their database about special needs and circumstances that can be communicated to responders when called to a

scene (e.g. person with ASD lives here). Some agencies will allow you to self disclose detailed contact and “in case of emergency” information.  
See Ramsey County ECC [Residential Emergency Response Information Form](#)).

- Refrigerator magnets  
[Feeling Safe Being Safe Magnet](#) Magnet and booklet can be requested from the Minnesota Governor’s Council on Developmental Disabilities at (651) 296-4018 or toll free at (877)348-0505.
  - ID Bracelets and Temporary Tattoos
    - [MedicAlert](#)
    - [The Medical ID Store](#)
    - [My Precious Kid](#)
    - [Road ID](#)
    - [Temporary ID Tattoos](#)
    - [Tattoos with a Purpose](#)
    - [Guardian Angel Bracelets](#)
  - Program ICE (in case of emergency information) right into your mobile phone, tablet or other device
    - [Smart ICE \(iOS app\)](#)
    - [ICE \(for Android\)](#)
    - [MedTag](#)
    - Or use the capabilities of your phone or PDA to create your own, easy to find contact named I.C.E. (a universal term recognized by many responders)
- Car and Window Decals and Magnets
- [Buttons and More Decals](#)
  - [Cafe Press](#)

## ACTION THREE



### Educate Your Support Network

- [Google Health](#) Lets you store health and other ICE information. You can use to store information for emergency planning (see below) and give access to your support network.
- Share Emergency Information—give your support network copies of or access to your plan and ICE information—use resources described above and below to record, save, copy.
- Ask if you can include their contact information as a resource in case of emergency.
  - [Residential Emergency Response Information Form](#)
  - [Person Specific Information for First Responders](#)
  - Consider creating a “local alert system”  
[A Child is Missing](#)

## ACTION FOUR



### Make a Plan and Practice

- Use available training materials and checklists to build your plan and practice
  - [Feeling Safe Being Safe](#) (designed by and for persons with developmental disabilities)
  - [Are You Ready](#) FEMA
  - [Supplies Checklist](#) FEMA
  - [FEMA Ready Kids](#) (designed to engage children in planning)
  - [Billy Builds a Kit](#) (designed to engage nonverbal children in planning)
  - [Autism Risk Management](#)
  - [Parent Resource List \(ASD specific\)](#)
  - [Readiness Tips](#)
- Create a Ready Kit and Go Bag appropriate to your circumstances (see training/checklists above)
- Use Social Stories to Practice Ready to go
  - [Billy Builds a Kit](#)
  - [Living Safely](#)
- Build your own using these tools:
  - [Stories2Learn App \(iOS\)](#)
  - [iPrompts](#)
  - [iCommunicate](#)
  - [Remember the Milk](#) (task manager and reminder you can use on phone, tablet or computer)
- Include resources to facilitate effective communication and sharing of emergency information with responders.
  - Utilize ID and training resources described above
  - For persons who are nonverbal, be sure to keep a communication board or device in your Go Bag. Consider a communication board as a backup even if you use a wireless or battery operated device. Devices may get lost or be damaged or there may be a loss of power and phone service in emergency situations.
  - Think about including a “Responder Tip” card in your To Go Bag or with ICE information.
    - [Tip Card for Law Enforcement](#)
    - [Tip Card for EMS and Other Responders](#)
- Communication Apps
  - [Tap to Talk](#)
  - [Proloquo2go](#)
  - [iCommunicate](#)
  - [Emergency Quick Dial for Android phones](#)

- Communication Board
  - [Emergency Communication Board \(English\)](#) (also available in Spanish)

## ACTION FIVE



### As needed, prepare for wandering

- General information
  - [Parent Resource List \(ASD specific\)](#)
  - [Person Specific Information for First Responders](#)
  - [Family Wandering Resource Plan](#)
- Local alert system
  - [A Child Is Missing](#)
- Locator/Recovery/Tracking Solutions (Note: some products consist of device plus service or application, some applications require a Smartphone or tablet and may not be available for all operating systems.)
- Bracelet/band worn around wrist or ankle—register with local law enforcement
  - [Project Lifesaver](#) (Telemetry) - currently used by Saint Paul Police Department, Ramsey County Sheriff's Department and 20 other jurisdictions in MN. Most widely supported and 100% success rate in communities that support. Not all persons are comfortable with the device and not all communities have a community supported recovery program.
- Other Solutions:
  - Device with Monitoring
    - [EmFinders](#)
    - [CareTrak](#)
    - [Comfort Zone](#)
  - Device you monitor
    - [TrackMe360](#) (satellite GPS available for purchase or rent on a temporary basis)
    - [SecuraTrac](#) (GPS)
    - [Amber Alert GPS](#)
    - [GPS Locator](#)
    - [loc8torPlus](#)
    - [S911 Bracelet](#)
    - [lonkids](#)
  - Phone Apps (track, monitor and alert)
    - [Glympse](#)
    - [Safe Kid Zone](#)
    - [Kuroo](#)

## ACTION SIX



### Be an Advocate

- Encourage local 911 Emergency Communication Center to support detailed information registry  
[Ramsey County solution](#) and [Residential Emergency Response Information Form](#)
- Meet with Emergency Managers about persons with ASD
  - [Autism & Emergency Preparedness: Tips and Information for Emergency Managers](#)
  - [Inclusive Preparedness](#)
  - [Add link to latest study—only have PDF—will have to create link on GCDD/AuSM]
- Encourage awareness and training among your local law enforcement, fire and EMS Refer to General Awareness and Responder Training resources available from the [Minnesota Governor's Council on Developmental Disabilities](#) and the [Autism Society of Minnesota \(AuSM\)](#). We are here to help!

**Funding and support for this project were provided by the Minnesota Department of Human Services, Disability Services Division, under Interagency Agreement, Contract 443775, with the Minnesota Governor's Council on Developmental Disabilities and in collaboration with the Autism Society of Minnesota.**