



SELF-ADVOCATE

Resource Guide

Preparing for an emergency situation beforehand, helps reduce anxiety and stress. We have put together this resource guide to make it easy for you to see what is available. We encourage you to make our resources your starting place. Individualize and adapt them for your needs, and make them your own. If you have any questions or need more support, please reach out!



PREPARATION:

- Here are some resources for preparing for your interaction with Law Enforcement
 - **How to Interact with the Police** - Pathfinders for Autism
 - Tips for individuals and caregivers
 - **Autism Speaks** provides some disclosure tools and options as part of the **Autism Safety Project**
- Sensory Kits can be a great tool to help regulate stress during emergency situations
 - Examples of things to include:
 - Fidget spinners
 - Fidget cubes
 - Bubbles
 - Stickers
 - Pop-its
 - Laminated communication boards
 - **Example** of a Sensory Kit

- Here are some programs, products and initiatives that may be useful for you
 - **Take Me Home Initiative** - Autism Society
 - Take Me Home is a database for people who may need special assistance if they are alone or in times of emergency. Once you register, first responders will have access to the information you provide to help you return home safely.
 - Safety Alert Product Ideas
 - Safety Alert Card - Identification for Individuals
 - **National Autism Association**
 - **AutismIDCard.com**
 - Wallet Card
 - Asperger/Autism Network **Template**
 - Safety Alert Decal - Decal for Cars or Houses
 - **Autism-Products.com**
 - Many options on Amazon
 - Autism Alert Tattoos
 - Lost and Found temporary tattoos
 - **Safety Tat**
 - **Awareness Ribbon Gifts**
 - **Other Safety Products and Services** - Autism Speaks

MORE RESOURCES AND MATERIALS:

- Autism Society - **If You Are a Victim of a Crime**
- **Adult Resources** - AFIRM

PACTAUTISM.COM