

Autism Spectrum Disorder

SAFETY KIT

A tool for individuals with an ASD, their families and caregivers.



This safety kit has been specifically designed for individuals with an Autism Spectrum Disorder, their families and caregivers. The tools and resources outlined in this kit were developed by Giant Steps Resource Centre in partnership with first responders in the city of Laval as well as several ASD community stakeholders.

Included in this kit:

1. Emergency Profile Sheet
2. Wallet size ID card
3. Large ID card
4. Information for First Responders
5. Information when calling 911
6. Social Stories Templated
7. Window stickers
8. Fire safety tips
9. Create a fire safety plan
10. Links and resources

Remember that these tools may not be applicable for everyone. Make sure you understand why and how to use the tools in an emergency situation. The better prepared you are for an emergency; the better first responders can adapt their intervention to meet your needs.

If you have any questions about this safety kit, email us at info@asdfirstresponders.ca

EMERGENCY FORM

Name: _____

Medicare #: _____

Date completed: _____

Birth day : _____ **Height/Weight:** _____

Hair color: _____ **Eye color:** _____

Home address: _____

Home phone: _____

Emergency contact: _____ **Phone #:** _____

Emergency contact: _____ **Phone #:** _____

Diagnosis: _____

Medical condition: _____

Medication: _____

Communication methods: _____

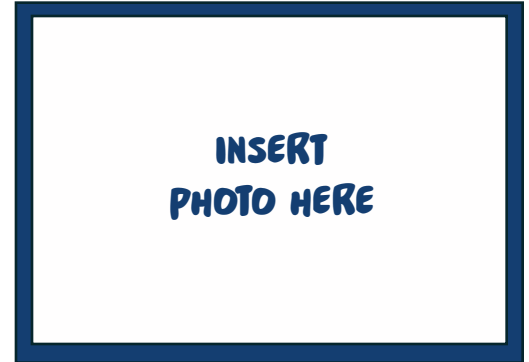
Sensory difficulties: _____

Important information for first responders: _____

Likes/dislikes: _____

Prior wandering incident: yes/no **Where were they found?** _____

Popular destinations: _____



WALLET SIZE IDENTIFICATION CARD

This wallet size ID card can be filled out, laminated and attached to either a key chain or simply slipped into a wallet.

I AM AUTISTIC

Please read the emergency
information on the back
of this card.

Name:

Address:

Emergency contact:

Emergency contact #:

Information for first responders:

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LARGE IDENTIFICATION CARD

I AM AUTISTIC

I may have difficulties communicating in an emergency situation.

**INSERT
PHOTO HERE**

Name: _____

Age: _____ Height: _____ Weight: _____

INFORMATION FOR FIRST RESPONDERS

Remain calm and reassuring

Give plenty of space

Allow plenty of time to respond

Minimize verbal instructions

Use gestures or model the instruction

If possible turn off strobe lights or sirens

Do not interrupt the repetitive behaviours

Avoid crowds

IMPORTANT INFORMATION ABOUT ME:

EMERGENCY CONTACTS:

Name: _____

Phone number: _____

Phone number: _____

Name: _____

Phone number: _____

Phone number: _____

Name: _____

Phone number: _____

Phone number: _____

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INFORMATION FOR FIRST RESPONDERS

This brochure can be printed out and given to the first responders in your community.

Autism: at a glance

A guide for First Responders

An autistic person may:

1. Not respond when their name is called and avoid eye contact
2. Have difficulties understanding non-verbal communication
3. Be sensitive to sounds, touch and lights
4. Have difficulties interpreting emotions and gestures
5. Speak with an unusual tone of voice or pitch
6. Engage in repetitive behaviours

Tips and Strategies:

1. Remain calm and reassuring
2. Give the individual time to respond
3. Use gestures or model the instruction
4. Inform the person before touching them
5. If possible, turn off flashing lights or sirens
6. Do not interrupt the repetitive behaviours

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MAKING A 911 CALL

If you witness or are involved in an emergency situation, you might need to call 911 for help. The people who work at 911 call centres are ready to help, but will need you to give them some information. Here are steps to take to ensure that you are ready.

1. STAY CALM

In an emergency situation some people may have trouble communicating. You might start to talk too fast, or have difficulty forming your words. If needed, turn away from the emergency so you can concentrate on making the call.

2. CALL 911

If you are calling from home, use the landline. This will help first responders to determine your location. If not, use a cellphone and be ready to give them your address. Do not hang up until you hear the person on the other line.

3. BE READY TO ANSWER QUESTIONS

The most important thing you need to tell the person on the phone is your address. If you are not home, look around you and give the street name and closest address to where you are located.

4. WHAT IS THE EMERGENCY?

The person on the phone will want to know why you are calling. Tell them what you saw or what is happening. They might transfer your call so that you talk to someone else.

5. DON'T HANG UP

If you find that you are unable to talk after having made the call, do not hang up! The person on the line will try to trace your call and send someone to help.

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SOCIAL STORIES

The following are two example of social stories.

For more social stories, visit asdfirstresponders.ca

My name is : _____.

I live with my mom and dad. If there is an emergency, I need to stay calm and listen to my parents. If I see a Police or a firefighter I need to stay calm. Their jobs are to keep me safe.

If there is a fire, firefighters will come to my house to put out the fire. I need to listen and follow their instructions so that I stay safe. I can also tell them that I have autism. I will be happy that I am safe.

Police officers help in case there is danger. If I am afraid or need help, I can ask a police officer for help. I need to listen and follow their instructions so that I stay safe. I can also tell them that I have autism. I will be happy that I am safe.

SOCIAL STORIES

My name is : _____

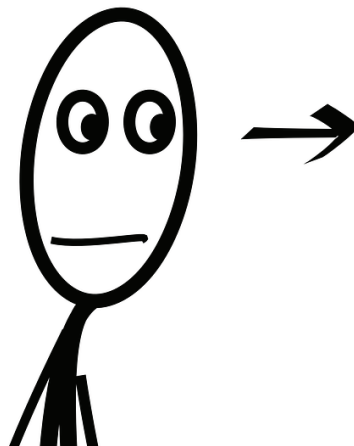
This is where I live.



This is my family.

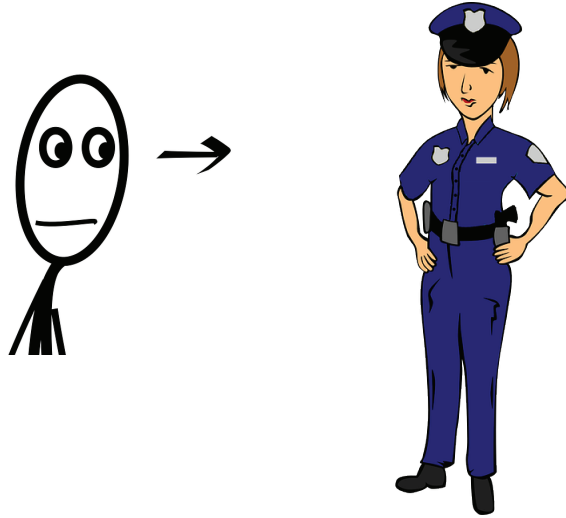


If there is an emergency, I must stay calm and listen for instructions.

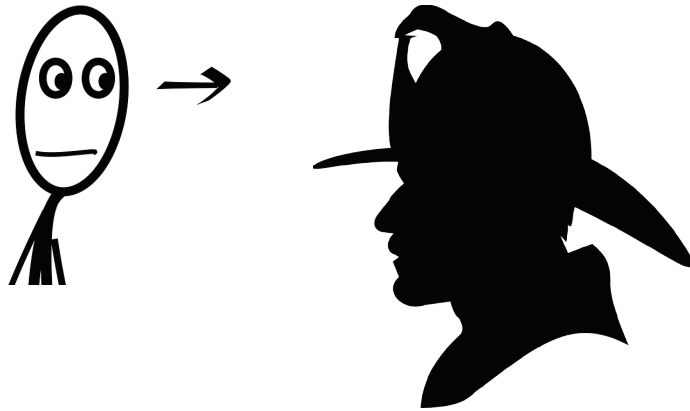


SOCIAL STORIES

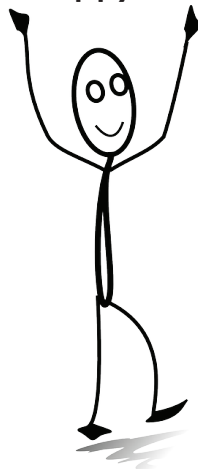
This is a police officer. I must listen to their instructions.



This is a firefighter. I must listen to their instructions.



I am happy when I am safe.



WINDOW STICKERS

These window stickers can be used for both your home or your vehicle. They may be useful to first responders when entering your home or assisting you on the road.



ATTENTION
FIRST RESPONDERS
OCCUPANT WITH AUTISM MAY:

NOT RESPOND TO VERBAL INSTRUCTIONS

RESIST YOUR HELP

TRY TO RUN AWAY

ATTENTION FIRST RESPONDERS
RESIDENT WITH AUTISM:

MAY NOT RESPOND TO VERBAL INSTRUCTIONS.

PLEASE BE PATIENT WITH ME.

MY NAME IS:



WINDOW STICKERS

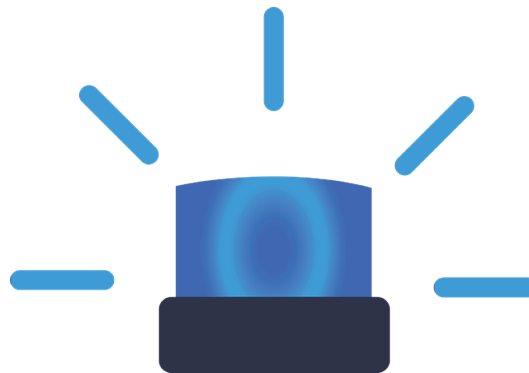
ATTENTION

YOUNG ADULT WITH AUTISM

**GIVE ME MORE TIME TO
RESPOND TO YOUR INSTRUCTIONS**

**GIVE ME SPACE AND INFORM ME
BEFORE MAKING PHYSICAL CONTACT**

PROVIDE ONE INSTRUCTION AT A TIME



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FIRE SAFETY TIPS

Here are some safety tips to remember in case of a fire.

BE SAFE

What are some objects in your home that may be dangerous? Make a list and learn how to ensure these items stay safe.

HAVE A PLAN

Create an emergency plan so you are ready in case of a fire. Learn it well, practice it, and keep it somewhere easily accessible.

RECOGNIZE DANGER SIGNS

What do you do if you smell smoke or if a fire alarm goes off? If you are sensitive to sounds, make sure the necessary tools are in place to accommodate your needs.

IDENTIFY YOURSELF

Be sure to let the firefighter know of any accommodations you might need so they adapt their intervention to better meet your needs.



GO MEET A FIREFIGHTER

Go visit your neighbourhood Fire Department. Meet the firefighters and understand that their job is to help.

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CREATE A FIRE SAFETY PLAN

Are you ready in case of a fire? Make sure to assess the risks in your house and to put in the necessary measures to keep you safe.

1. ASSESS your home

How many smoke detectors do you have in your house? Where are they? Make sure they are all in working order.



2. Make a map of your house

Use the next page to draw a map of your house. Consider all the possible exits in each room.

3. Be fire smart

Don't hide, get out! If there is a lot of smoke, crawl on your hands and knees and go outside quickly.

4. Designate a place to meet outside

You made it outside safely, now what? Have a planned location to wait for the firefighters to arrive.



5. Be ready to talk to the firefighters

The firefighters will want to know who you are and ask you questions about where the fire might be. Make sure to let them know about your needs so that they may accommodate their intervention.

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MY FIRE SAFETY PLAN

- 1. Draw a floorplan of your home**
- 2. Identify each room**
- 3. Identify each window and door**
- 4. With a red marker draw out your primary exit path**
- 5. With a blue marker, draw out an alternative exit path**
- 6. Label your waiting area outside**



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LINKS

Autism Speaks Canada

An organization committed to supporting research and services across the country.

autismspeaks.ca

Autism Canada

The national voice for families and individuals on the spectrum.

autismcanada.org

Canadian National Autism Foundation

A foundation dedicated to promoting autism awareness, assisting families with information they require and raising funds to support Canadian based autism research and more.

cnaf.net

Canadian Autism Spectrum Disorders Alliance

A coalition of organizations and individuals developing a comprehensive National ASD Framework.

casda.ca

Autism Awareness Centre

A centre committed to ensuring their extensive autism resource selection features the newest titles available in North America.

autismawarenesscentre.com

This safety kit has been created in partnership with first responders and the autism community.

For more educational materials and information about autism, visit: asdfirstresponders.ca



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