

Today's date:

Meet _____

_____ is diagnosed with autism and could be misunderstood if there is ever an encounter with law enforcement or other first responders.

Because _____ has difficulty visiting new places or people, I'm writing you today to introduce this amazing person who may not know what to do in a stressful situation.

In addition to some of the characteristics I've marked on the right side of this page, other behaviors include:

Should this person ever become lost, please search nearby water, busy streets and these places:

This person has certain likes/dislikes that may affect interactions with police or other first responders. To limit risk, please:

If this person is ever lost, I can be reached at:

_____ or _____.

I may be attaching other helpful information. Should you have any questions, please call me at the number listed above. Thank you for all the work you do to protect the lives of people with autism.

Sincerely,

(place image here)

Name: _____ Age: _____

Address: _____

Meds or Allergies: _____

Emergency Contact: _____



This Person with Autism May:

- ☐ Not speak
- ☐ Appear deaf
- ☐ Avoid eye contact
- ☐ Not respond to their name or verbal commands
- ☐ Rock, pace, spin or hand-flap (stimming), or repeat phrases (echolalia)
- ☐ Hold hands over ears due to sound sensitivity
- ☐ Avoid or resist physical contact
- ☐ Have unusual fears or obsessions with things like flashing lights, sirens, K-9s
- ☐ Not answer questions
- ☐ Need time to process questions or demands
- ☐ Try to run away or hide
- ☐ Appear to be under the influence
- ☐ Not be properly dressed for the elements
- ☐ Have the mental capacity of someone much younger



How Do I Approach Someone with Autism?

- If there is no imminent danger, give the individual time and space
- Maintain a calm and relaxed demeanor
- Look for a medical ID, contact caregiver immediately
- Speak in a normal tone of voice using simple phrases
- Use first/then approach to ease anxiety: "First, we are going to sit in the car, then we'll see your Mom."