

## Safety 101

Throughout the country children and adults with autism are living, going to school, working and enjoying recreational activities in their communities. The Autism Society began the Safe and Sound initiative in 2005 to provide much-needed resources to the autism community on topics such as general safety, emergency preparedness and prevention, and risk management. Safe and Sound works to develop information and strategies that are beneficial to individuals on the spectrum, their families and the professionals who work with them. Another significant aspect of Safe and Sound is to provide information and training to various first responders—those who are first on the scene in an emergency situation

Per 2007 Lean on Us: Individuals with autism are up 7 times more likely to have contact with law enforcement agencies during their lifetime and 35% of individuals with autism have been a victim of a crime.

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## Safety in the Home

- Arrange the Furniture Appropriately
- Use Locks and Alarms Where Appropriate
  - Take me home or Smart911
  - Safeguard your windows
- Make Electrical Outlets & Appliances Safe
- Lock Hazardous Items Away
- Label Everyday Items
- Organize Everyday Items
- Institute Appropriate Seating
- Secure Eating Utensils & Place Settings
- Safeguard Bath Items/Toys
- Use Visual Signs
- Remember Fire Safety
- Consider Identification Options
- Introduce Intervention Techniques to Teach Safety

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## Bullying Prevention

- 3 R's for Bullying Prevention
  - Recognize
  - Respond & Report
- AND
- Healing from Bullying for the Individual with ASD

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## Preparedness Tips for Families

- Disaster Preparedness Tips For Families affected with Autism
- Tip #1 – Practice **CALM**
- Tip #2 – Prepare for immediate needs before disaster
  - Disaster Supply Kit
  - Evacuation/Comfort Kit
  - FEMA
  - Red Cross

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## Tips for First Responders

### Tips for First Responders

#### Tips for First Responders on Interacting with an Individual with Autism

##### People on the autism spectrum

- do not stereotype what you see
- assess first
- do not make a scene or speak with authority
- engage in positive behaviors
- ask about the individual's reason
- appear unafraid to speak
- appear anxious or nervous
- speak clearly and unambiguously
- engage in non-stimulating behaviors (e.g. hand flapping or rocking)

This individual may not understand the law, unless right from wrong, or know the consequences of their actions.



#### Helpful hints for interacting with someone who has autism:

- Speak slowly and use simple language
- Use concrete words
- Repeat simple sentences
- Allow time for responses
- Give lots of praise
- Do not attempt to physically restrain or restrain behavior
- Remember that each individual with autism is unique and may act differently than others

The Autism Society offers a series of fact sheets and brochures to educate and support some non-emergency professionals. Includes the Autism and the Services and Needs. There are direct order approvals for the professional services, psychiatric, emergency room staff and more. Visit the Autism Society's Free Downloads for PDFs and more information.




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## Suggested Responses

- Talk in direct, short phrases, such as “Stand up now. Go to the car.”
- Talk calmly and/or repeat. Talking loudly will not help understanding. Model calming body language, slow breathing, hands low.
- Avoid behaviors and language that may appear threatening.
- Consider use of sign language, or picture, phrase books or the possibility of an electronic device.
- Beware of sensitivity to lights, sounds, touch, odors, animals or over stimulation from an encounter they are not failure.
- If you take an individual into custody and even remotely suspect the person may have an autism spectrum disorder, to reduce the risk of abuse, and/or injury, ask jail authorities to segregate the individual and not to place them in the general incarcerated population before a mental health professional has evaluated them.

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## Serving Victims of Crime

Home > Living with Autism > How the Autism Society Can Help > Safe and Sound > Serving Victims of Crime

### Serving Victims of Crime

#### The Autism Society Addresses Needs of Crime Victims on the Autism Spectrum

As part of its Crime Victims with Autism Assistance, Education, and Training Program, a project funded by the Department of Justice Office for Victims of Crime, the Autism Society has created a series of fact sheets and brochures to assist crime victim assistance professionals, families, and individuals with autism. A 2007 Autism Society survey of individuals with autism and their families revealed that 35 percent of individuals with autism have been the victim of a crime and the Autism Society is taking steps to help communities and professionals provide crime victim assistance.

Five fact sheets on autism — for police, paramedics, child abuse counselors, domestic violence and sexual assault counselors, attorneys and social workers — are available to download here. Along with the fact sheets are two brochures designed for individuals with autism who have been the victim of a crime and family members of crime victims with autism.



The content on this page is based on the 2007-08 OVC-funded project, the Office for Victims of Crime, William P. Cahill Program, U.S. Department of Justice, Office of Justice Programs. The content is not intended to be used as a substitute for professional advice or services.

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## Emergency Preparedness

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## Yellow Dot





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## Big Red Safety Box

1) Our Be REdy Booklet containing the following educational materials and tools:

- A caregiver checklist
- A Family Wandering Emergency Plan
- A first-responder profile form
- A wandering-prevention brochure
- A sample IEP Letter
- A Student Profile Form

2) Two (2) GE Wireless Door/Window Alarms with batteries

3) One (1) RoadID Personalized, Engraved Shoe ID Tag\*

4) Five (5) Adhesive Stop Sign Visual Prompts for doors and windows

5) Two (2) Safety Alert Window Clings for car or home windows

6) One (1) Red Safety Alert Wristband



<http://nationalautismassociation.org/big-red-safety-box/>

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## Smart911

### How It Works



Sign Up for Smart911 and create a secure Safety Profile for your household.



If you ever call 9-1-1, the call taker can see the emergency information you want them to see.



Emergency Responders can then use this key information to help you faster and more efficiently.

### Security and Privacy

**You Decide What to Include**  
Provide as much or as little information as you want. Smart911 only asks for information that is relevant to aid emergency responders.

**Why Share It? You Call 9-1-1**  
Your information is only available to 9-1-1 call takers and first responders if you have an emergency.

**Industry Leading Security**  
Your information is housed in top tier secure facilities complete with 24/7 physical security, video surveillance, and more. We utilize the same SSL, certificate authority and encryption technologies used by leading financial institutions.

**As Seen On...**



**Smart911.com**  
Increase every second counts. Sign up today.

**Smart911.com**  
Increase every second counts. Sign up today.



### Keep Your Loved Ones Safe.

Smart911 is the only way to create. Having information ready to 9-1-1 and first responders in an emergency.

Smart911 is fast, private, secure, and protects over 21 million people nationwide.

<https://www.smart911.com/>

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## Smart911

**99%**  
of Smart911 users report recommended Smart911 as an essential tool for personal safety.

**11 minutes**  
The amount of time saved by Smart911 in response to a house fire in Michigan, saving the homeowner's life.

**31.1 million**  
The number of residences protected by Smart911 nationwide.

### What Can My Smart911 Safety Profile Include?

**People**  
Send your household's location of members and household including the phone. You can also add all of those you usually contact, and they help being in.

**Address**  
Let emergency responders know your exact point location, address, city, zip code, and the best route to reach your building.

**Mobile Information**  
Send your phone's location, capabilities, and if you support Wi-Fi to reach in an emergency.

**Alerts**  
All your calls, texts, emails, and messages, including your phone and all information on your phone are accessible to emergency responders if they need to help your home.

**Location**  
Add details such as nearby schools, parks, and other points of interest in the event of an accident.

**Emergency Contacts**  
Include family members, friends, or neighbors who should be contacted in the event of an emergency.

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