

5 Tips for Families to Prepare for Emergency Situations

Adapted from: <http://www.autism-society.org/living-with-autism/how-we-can-help/safe-and-sound/>

1. Make sure you have a form with up-to-date personal identification information and a photo completed for your child. Keep copies at your home, in your car, and with you whenever possible.
2. Practice providing personal information with your child (things like name, address, and phone number.)
3. Stress water safety — it can mean the difference between life and death. Enroll your child in swimming lessons if he/she does not know how to swim.
4. Make an effort to get to know your neighbors and community members (including police officers and other emergency personnel) and introduce them to your child. Be a resource to help them understand autism.
5. Involve other family members, friends, and neighbors in your emergency planning. Establish a phone tree and action plan that can be engaged if the worst happens.