

# Sample Emergency ID Card for a Person with Autism

By Stephen Shore and Linda G. Rastelli

## Part of the Understanding Autism For Dummies Cheat Sheet

If you have autism or you care for a person with autism, making an emergency ID card is a good idea. If you make a card for someone else, educate the person with autism to keep it on hand to share with people in confusing situations, such as when they're approached by a uniformed person or when they have difficulty interacting with others they don't know.

The front side of wallet-size card should give the name of the person with autism and two or three contact name and numbers. The next paragraph would be a good one to copy:

My name is \_\_\_\_\_ and I have autism, which causes me to behave in unexpected ways. Please contact one of the people listed here: (List names and phone numbers for two or three people.)

On the back of the card, you can include information on autism and offer tips with dealing with the person with autism, such as that in the following table:

Autism Information	
I may:	Please help by:
Not understand what you say	Not shouting
Appear deaf	Speaking slowly and softly
Suddenly dart away	Using concrete terms
Have difficulty speaking	Giving me time to respond
Flap my hands or rock	Explaining before doing
Not understand legal issues	Employing visual aids for communication when possible
Be overly sensitive to shiny objects, sounds, touch, or smells	Making no sudden movements and Warning me first if you must touch me

Feel free to print out this page and use it to design your own emergency card.

Read more: <http://www.dummies.com/how-to/content/sample-emergency-id-card-for-a-person-with-autism.html#ixzz11PgqtVjA>

# Other Sample Emergency Wallet Cards

**To: A Law Enforcement Officer or other First Responder**

**I have a diagnosis of Asperger Syndrome.**

My Name: \_\_\_\_\_

Home phone: \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

In case of emergency, or to assist both you and me in communicating and in resolving this situation, please contact one of the following people:

1. Name \_\_\_\_\_ Phone: \_\_\_\_\_

2. Name \_\_\_\_\_ Phone: \_\_\_\_\_



**Asperger's Association of New England**  
617-393-3824 www.aane.org

**I have Asperger's Syndrome, a social/communication disability related to autism. Because of my Asperger's Syndrome, I may**

- Panic if yelled at, and lash out if touched or physically restrained.
- Misinterpret things you tell me or ask me to do.
- Not be able to answer your questions.
- Appear not to be listening or paying attention.
- Tend to interpret statements literally.
- Appear rude or say things that sound tactless, especially when anxious or confused.
- Have difficulty making eye contact.
- Speak too loud, too soft, or with unusual intonation.

**I would like to cooperate. To help me cooperate, PLEASE:**

- Clearly identify yourself as a law enforcement officer/first responder.
- Call one of my emergency contacts. (Please see reverse side of this card.)
- Do not assume that my Asperger's traits constitute suspicious behavior.
- Avoid touching me or restraining me.
- Speak to me in normal, calm, non-confrontational tones.
- Tell me exactly what I need to do politely, clearly, simply, literally, and step by step.

## To law enforcement, first responder, teacher:

**I have a diagnosis of ASPERGER SYNDROME**  
A social/communication disability related to AUTISM



(Insert Picture)

My Name: \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**In an emergency or to help me communicate, please contact:**

Name: \_\_\_\_\_ Phone: (970) \_\_\_\_\_

Name: \_\_\_\_\_ Phone: (970) \_\_\_\_\_

Medical: \_\_\_\_\_

Compliments of www.rfautism.org

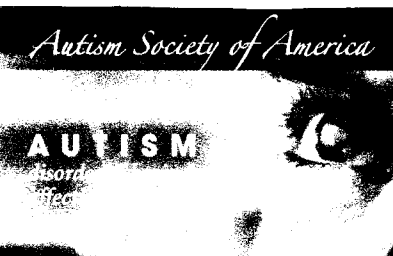
## I would like to cooperate. To help me cooperate, PLEASE:

- Call my emergency contact on card
- ID yourself to me and speak in a calm, non-confrontational tone
- Don't ask open-ended questions
- Use clear, simple, literal words and concrete, step-by-step instructions

**Do not assume that my AS traits constitute suspicious behavior**

## People on the autism spectrum are all different, but they may:

- Panic if yelled at
- Interpret statements literally
- Appear to not listen or pay attention when you talk
- Misinterpret instructions or things you say
- Not be able to answer a question
- Become anxious and confused for no apparent reason
- Appear insensitive to pain
- Have difficulty with eye contact
- Speak too loud, soft, or with an unusual intonation or words
- Appear rude or say tactless things, especially if anxious or confused
- Need extra time to respond
- Engage in repetitive behaviors or lash out if touched or restrained



Children & adults with autism may:

- ✓ not understand what you say
- ✓ appear deaf
- ✓ be unable to speak or speak with difficulty
- ✓ engage in repetitive behaviors
- ✓ act upset for no apparent reason
- ✓ appear insensitive to pain
- ✓ appear anxious or nervous
- ✓ dart away from you unexpectedly
- ✓ engage in self-stimulating behaviors (i.e., hand flapping or rocking)

For law enforcement or medical emergency personnel: This individual may not understand the law, know right from wrong, or know the consequences of his or her actions.

www.autism-society.org



**HELPFUL HINTS** for interacting with someone who has autism:

- ✓ Speak slowly and use simple language
- ✓ Use concrete terms
- ✓ Repeat simple questions
- ✓ Allow time for responses
- ✓ Give lots of praise
- ✓ Do not attempt to physically block self-stimulating behavior
- Remember that each individual with autism is unique and may act differently than others

SEARCHING FOR ANSWERS EVERY DAY  
*Autism Society of America*  
**1-800-3-AUTISM**  
www.autism-society.org

Copyright 2004 may be used with prior ASA approval



*Las personas en el Trastorno del Espectro Autista pueden:*

- ✓ no entender lo que usted diga
- ✓ parecer sordos
- ✓ tener incapacidad para hablar o hablar con dificultad
- ✓ involucrarse en conductas repetitivas
- ✓ enojarse sin razón aparente
- ✓ parecer insensible al dolor
- ✓ parecer ansiosos o nerviosos
- ✓ escapar de usted inesperadamente
- ✓ involucrarse en conductas autoestimulantes (tales como, agitar las manos o mecerse)

Para personal de seguridad pública o de emergencia médica: Este persona puede no entender la ley, distinguir el bien del mal, o conocer las consecuencias de sus acciones.

www.autism-society.org



**Sociedad de Autismo de América**

*Indicaciones útiles para interactuar con alguien con autismo:*

- ✓ Hable despacio y utilice un lenguaje sencillo
- ✓ Utilice términos concretos
- ✓ Repita preguntas sencillas
- ✓ Permita un tiempo para las respuestas
- ✓ Motívelos con elogios
- ✓ No trate impedir físicamente la conducta autoestimulante
- ✓ Recuerde que cada individuo con autismo es único y puede actuar diferente de otros

**BUSCANDO RESPUESTAS DIA A DIA**



**1-800-328-8476**  
www.autism-society.org

©Derechos de auto 2007. Prohibida su reproducción sin la autorización previa de ASA.