

I Have Autism Alert Card

Directions:

Printed Use

- Cut out the cards on page two and keep copies where they may be helpful, such as a purse, wallet, backpack, car, or with your child's personal items.
- You may choose to laminate the cards or place them in a plastic sleeve to make them more durable and easier to reuse.
- Some families may also choose to share a copy with caregivers, family members, or support staff.

Digital Use

- Save the PDF to your phone or tablet for quick access
- Take a screenshot of one card and keep it in your photo gallery
- Favorite or pin the image so it's easy to find in urgent moments
- Some families may also choose to share the digital card with caregivers, family members, or support staff.

Ideas for when to use this alert card:

- During challenging moments in the community setting, to help others better understand your child's needs.
- In emergencies, when quick communication is important.
- While traveling, share the card with family members and transportation staff.
- When in a new environment, if you need assistance or want to alert others that your child may need support.

Alert Card Wording

There are three identical copies of the alert card on the next page. Each card reads:

"I have autism and I'm having a hard time. I sometimes feel my emotions in a big way. Just like you, I have bad days. Thank you for understanding and giving me space. Visit www.ocali.org to learn more about ASD."

I have autism and I'm having a hard time

I sometimes feel my emotions in a big way. Just like you, I have bad days. Thank you for understanding and giving me space.

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