



FIRE SAFETY TIPS

for families with a member with autism



- ◆ Stress same fire safety tips/facts as you would for any one. Kitchens, electrical, candles, heating, etc. And remember that having a working smoke/co detector is the most important part of any plan.
- ◆ Practice fire drills. Many people with autism respond well to routines. Teach them to keep low because they may not feel the heat and respond by naturally getting lower. There is a wide spectrum of autism so your plan should be customized for each individual.
- ◆ Wrap them in a blanket or heavy coat. This will give them a sense of security and keep their arms from flailing about.
- ◆ Pick a meeting place that is quiet and familiar. Going to your car in the driveway or a nearby neighbor’s house is recommended. A meeting place in the street or on the sidewalk, will give the person with autism an opportunity to “BOLT” either back into the house or into traffic.
- ◆ Program emergency contact info under ICE (In Case of Emergency) on their cell phone/IPA/Tablet. There are smart phone apps that can hold all relevant medical/emergency information. Info you can also keep in a small wallet.
- ◆ Visit the local firehouse so the person with autism can become familiar with the sights and sounds that may accompany an emergency situation.
- ◆ There are stickers that can be placed in your car window or near your front door to alert emergency personnel there may be a person with autism present or involved. (Like those below that were found on-line).



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