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- Call 800-242-5183
- Email customerservice@speechpathology.com
- Use the Q&A pod

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 - Within 7 days for live webinar; within 30 days of registration for recorded/text/podcast formats
- Two opportunities to pass the exam

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Interested in Volunteering to be a Peer Reviewer?

- APPLY TODAY!
- 3+ years SLP Professional Experience Required
- Contact Amy Natho at anatho@speechpathology.com

Autism & Safety: Keeping individuals with autism safe in their home and communities

Tara Warwick, MS, OTR/L Today's Consulting Solutions

Today's Objectives

- Recognize at least three different preventative measures for elopement in individuals with autism
- · Identify at least three critical skills to teach individuals with autism
- Describe the components necessary for completing an Autism Emergency Elopement Form

Why is this important?

- Roughly half of children with ASD attempt to elope from a safe environment.
- More than 1/3 of children with ASD who elope are rarely able to communicate their name, address, or phone number
- Wandering ranked among the most stressful ASD behaviors by over 58% of parents
- 40% of parents suffered sleep disruption due to fear of elopement
- Half of families reported they never had any guidance on elopement from a professional

PSA Video

https://youtu.be/C2hiMlcZdQk

Autism Facts

- 1 in 68 children
- More common than pediatric cancer, diabetes and AIDS combined

(Centers for Disease Control and Prevention, 2014)

The Oklahoma Autism Center, 2016

Autism Facts

- ASDs are almost 5 times more common among boys
 (1 in 42) than among girls (1 in 189).
- Distributed throughout the world in all races, nationalities, and social classes

(Centers for Disease Control and Prevention, 2014)

The Oklahoma Autism Center, 2016

Impact on Families

- Autism costs a family \$60,000.00 a year on average.
- 62% of families of children who elope avoid outdoor/community activities.
- 83% of people with autism have sleep difficulties.



What Causes Autism?

- No one knows for certain
- Possibility of multiple causes
- Genetic influence
 - 15% of cases have a genetic cause
- "Two Hit" Theory
 - Genetic predisposition and environmental factors.



The Oklahoma Autism Center, 2016

AUTISM IS NOT CAUSED BY BAD PARENTING!

What is Autism?

- A life-long developmental disability characterized deficits in:
 - Social communication
 - Restricted, repetitive behaviors (RRBs)
- Symptoms range from mild to severe

The Oklahoma Autism Center, 2016

Social Communication

- Difficulty understanding what others are thinking and feeling.
 - Understanding nonverbal cues facial expressions, gestures, body language.
 - Understanding another person's perspective.
- Difficulty regulating emotions.

Restricted, Repetitive Behaviors

- Self-stimulatory behavior hand flapping, rocking, jumping, twirling, etc.
- Rigidity insist on consistency in environment.
- Restricted range of activities line toys up for hours, throw items, etc.
- · Intense interests and obsessions
 - Items fans, dinosaurs, television shows, etc.
 - Interests history, space, numbers, etc.

What you may see...

- · Limited or no eye contact
- Unusual response to sensory information
 - Hands over ears
 - Rock back and forth
 - Scream or run away
 - Make noises
- · Limited communication or unusual use of language
 - May not be able to answer simple questions
 - May repeat what you ask
 - May use sign language or electronic device



Why Do Kids Wander?



- · Goal-directed wandering
- Bolting/Fleeing
- Other: nighttime wandering, disorientation, boredom, transition/confusion

Dangers associated with wandering

- Drowning
- Hit by vehicle
- Falling
- Dehydration
- Hypothermia
- Abduction
- Victimization
- Assault





Prevent

Educate

Respond



Prevent

PREVENT



Prevention

- Install Home Safeguards
- Secure Personal Safeguards
- Create Community Awareness
- Remain Hyper Vigilant

Install Personal Safeguards

- Fire Marshall does not have jurisdiction on your private residence, per Cleveland County Fire Marshall
- Safety question:
 - Can the child get out in case of fire?
 - Can somebody get in to the room in case of fire?

Checklist



- Install secure locks (exterior doors)
- Door/window chimes
- · Use baby monitors or webcams
- Visual prompts (stop signs)
- Keep garage door opener out of reach
- Secure gates
- Fence for yard
- · Protection for beds

2-Sensor Indoor Door and Window Sensor (\$12.97 at Lowe's)

GE 2-Sensor Indoor Door and Window Sensor

Item # 192510 Model # 06864









Door Knob Protectors



Adhesive Mag Lock



Multi Use Latches



First Alert Pods

Guardian Lock

4.) Guardian Lock



The Guardian Lock is a portable lock you can use on any door – and you can take it with you when you travel. This lock is difficult for even our most talented little escape artists to get through. It took a few minutes for me to figure out how to use it myself! Watch this YouTube video for a demonstration. Guardian Lock is available online for \$16.95.

https://youtu.be/zSw93sShQ2g

1-2-3 Door

The123door.wixsite.com



Nickel Bed Tent

Myreadysetbloom.com

The Nickel Bed Tent



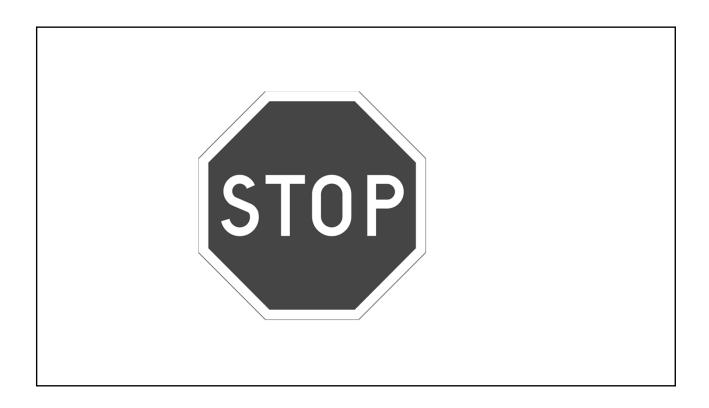
- Helps keep children safe and comfortable in bed!
- Sturdy design!
- Safety straps to keep from tipping!
- Easy mobility! *Ideal for travel!*
- Twin-sized mattress slides inside, with 3 points of access!
- · Covered aluminum poles!
- Affordable!!!



The Safety Sleeper



Thesafetysleeper.com



Secure Personal Safeguards

- Wearable identification
- Temporary tattoos (special occasions and outings)
- Non-emergency 911 to flag your child with autism and their information.

Alert Me Band (alertmebands.com)

ALERT ME Mommy in + CBR + Of Deaddy AUTO-STATEMENT DEAddy

Alert Me Bands are:

<u>Fully customizable</u> allowing medical, special needs and allergy alerts to be added to any of our hundreds of designs.

Impossible for young children to remove or your money back! (See FAQ's)

One-Size-Fits-All and Adjustable to be worn over long sleeves in winter months.

<u>Made of the highest quality materials</u> and designed to accommodate those who have tactile sensitivities; our bands are soft, smooth, lightweight, water friendly, durable and CHEW PROOF.

Keep Me Safe IDs









If I need help (2.00-20.00) ifineedhelp.org

PATCHES, SHOE TAGS, ID CARDS, WINDOW CLINGS, BUMPER STICKERS, DOG TAGS, PINS, CLIPS & MORE!!

Put patches, pins, clips onto your clothes, backpack, or device! Sew on yourself or take to the cleaners or Grandma's and have it done for you. Put your new Shoe tag on your favorite shoe with tieless laces. Wear your Dog Tag. Have your iD card in your wallet. Find out more about these exciting products in our shopping section



Tattoos with a Purpose



Safety Tat (new.safetytat.com)



GPS Tracking Technology, considerations

- Battery life
- Water resistance
- Water proof
- Removable
- Perimeter notification available
- Cellular service
- Involve trained emergency response personnel
- Help desk available
- · Costs and monthly fees
- · Field testing



AngelSense





ICE4Autism (ice4autism.com)

Specially developed in collaboration with people on the spectrum for people on the spectrum, ICE4Autism stores and communicates YOUR unique sensitivities and special needs

The **ICE4Autism** mobile app conveniently and intuitively stores vital information about you and your unique needs, sensitivities and behaviors directly on your iPhone, iPad or iPod Touch. Simply launch the **ICE4Autism** mobile app and first responders, ER doctors, nurses and administrators have immediate access to the critical the information needed to treat you properly while helping to reduce what is sure to be a heightened level of anxiety.

Emergency situations are challenging for everyone. But add in sensory, communication and behavioral challenges, and an emergency can turn into a disaster for a person with Autism*. First responders, ER doctors and nurses may lack a sufficient understanding of autism leading them to misinterpret autism-related responses. They may not know how to communicate with or otherwise help an autistic person* cope with painful or scary procedures.

ICE4Autism helps you to help them get you better!

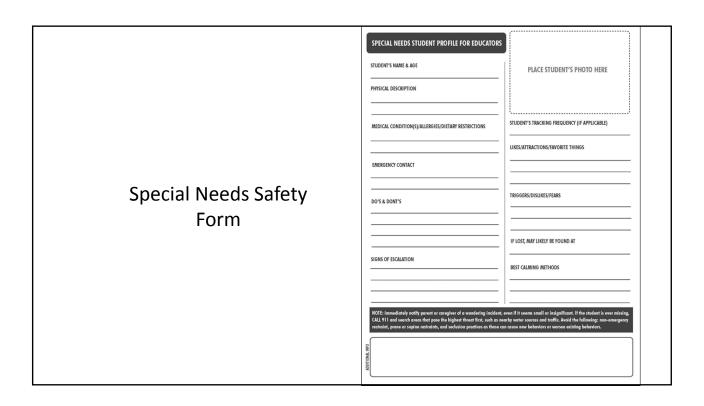
Video 60 second PSA

Create Community Awareness

- Alert the school and bus drivers
- Complete alert form for local police (current photo and unique characteristics)
- Alert trusted neighbors
- Introduce them to your child
- 911 Non-emergency flag

Alert Forms

- 2 specific Autism Elopement forms included in kit
 - -Special Needs form for school
 - -Autism Alert form for first responders



Alert School and Bus Drivers

- Give copies of the student profile to providers, service providers, bus drivers
- Let the school know if the child has a tracking device

Autism Elopement Alert Form Autism Elopement Alert Form Addition: | Description | Age | Preferred Name | Description | Descri

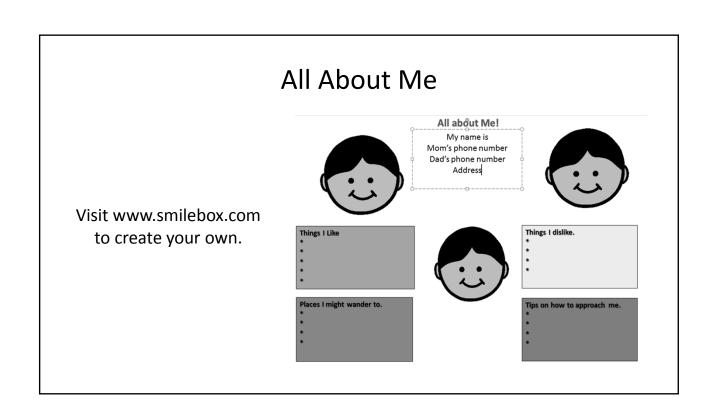
INFORMATION SPECIFIC TO THE INDIVIDUAL	
Nearby water sources & favorite attractions or locations where the individual may be found:	
Atypical behaviors or characteristics of the Individual that may attract the attention of Responders:	
Individual's favorite toys, objects, music, discussion topics, likes, or dislikes:	
Method of Preferred Communication. (If nonverbal: Sign language, picture boards, written words, etc.):	
Method of Preferred Communication II. (If verbal: preferred words, sounds, songs, phrases they may respond	
to):	
	-
	-
Identification Information. (i.e. Does the individual carry or wear jewelry, tags, ID card, medical alert bracelets	5,
etc.?):	
	-
	-
$Tracking\ Information.\ (Does\ the\ individual\ have\ a\ Project\ Lifesaver\ or\ LoJack\ Safety\ Net\ Transmitter\ Number?)$:
	-
	-
- MANY CHILDREN WITH AUTISM ARE DRAWN TO WATER. SEARCH & SECURE NEARBY WATER SOURCES FIRST.	
- REVERSE 911 IS AN EFFECTIVE TOOL FOR FINDING A MISSING CHILD AND FREE TO AGENCIES. VISIT achildismissing.org.	
EDAE nage 2	
FRAF_page 2	

Contact First responders

- Contact your local police station and other first responders
- Provide them with the form and any additional information relevant to your child

Alert Trusted Neighbors

- · Introduce your child to the neighbors
- Use form as a guide for important information
- · Create an All About Me Form
 - Likes/Attractions/Favorite Things
 - Triggers/Dislikes/Fears
 - If lost, may likely be found at
 - How to calm him
 - -few words
 - -visual supports
 - -things they like



Remain Hypervigilant

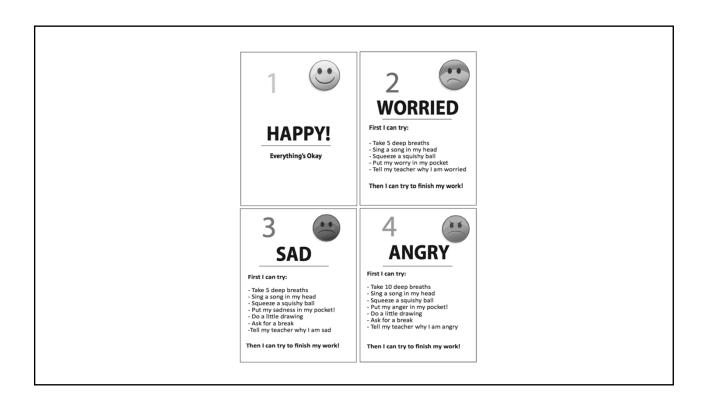
- High alert during warmer months, holidays, vacations, camping trips, transition periods, outdoor gatherings, new home or school, visiting unfamiliar setting, public outings
- Initiate a "tag, you're it" system during family gatherings and transitions.

Educate

- Identify triggers/teach self-help
- Teach Safety Skills

Identify triggers/teach self-help

- What could trigger wandering (loud noises, bright lights, fear)
 - Teach other ways for your child to respond
 - Noise canceling headphones
- Teach Self-Help
 - Calming techniques
 - Asking for a break



Teach Safety Skills

- Enroll in swim lessons
 - 91% of reported wandering-related deaths in children with autism due to drowning (2009-2011)
 - Nationalautism.org
- Social Stories about safety
- Answering personal identification questions
- Dial 911
- Identify "safe" person

Social Stories

Twigtale.com



National Autism Association (awaare.nationalautismassociation.org)

SOCIAL STORIES

Add your own photos:

- Stay in my apartment
- Stay in my apartment with Mom
- Stay in my apartment with Dad
- Stay in my house
- · Stay in my house with Mom
- Stay in my house with Dad

Text only:

- Staying in my apartment with Mom and Dad
- Staying in my apartment with Mom
- · Staying in my apartment with Dad
- Staying in my house with Mom and Dad
- Staying in my house with Mom
- Staying in my house with Dad

Other ideas for Social Stories

- Leaving home without adult supervision
- When you are lost
- Playing in water
- Going into unfamiliar houses/cars
- When approached by first responder

My name is		
This is my house		
Picture of house or apartment		
I live in my house with my family.		
Picture of child with family by house		
It's important for me to stay in my hou	se.	
Picture of child in house.		
When I stay in my house, my parents will know	where I am.	
Picture of family.		
Staying in my house will keep me saf		
Mom and Dad will be happy that I am s	rfe.	

My name is _______. I live in a house with my Mom and Dad. Lots of kids live in a house. It's important for me to stay in my house with my family. When I stay in the house, my parents will know where I am. They will know where to find me when they need me. My parents will also know that I am safe if I stay in the house. I will try to stay in my house. This will keep me safe.

Part of the Big Red Safety Bax Program brought to you by the National Audion Association. Supported by American Legion Child Program Foundation, Alex and Ant, and Jasco Products Company.	URED SAFET M	
My name is		
.,	_	
This is my classroom.	Picture of classroom	
I learn in my classroom with my teacher & classmates.	Picture of student with teacher and classmates	
It's important for me to stay in my classroom.	Picture of student in classroom.	
Staying in my classroom will		
keep me safe. My teacher will be happy that I am safe.	Picture of teacher.	
of any clinical or therapeutic method, treatment, service, sa	FORMATION and and do not constitute medical advice or an endal felty device, safety product, organization or wender. National Author or the services rendered by, any third party that is referenced, or to	m

Respond

- Always call 911 immediately law enforcement should treat each case as "critical"
- Provide Autism Elopement Form
- Search water first
- Community response (missingkids.org/aware)
 - Stop
 - Seek Assistance
 - Stay

mily wandering emergency plar	SAFET
sure your family has a plan in case of a wandering emergency Before an emergenc together and decide how you will get in contact with each other, where you will go o in an emergency. Keep a copy of this plan in your emergency supply kit or anoth you can access it in the event your child is missing.	and what you her safe place NATIONAL AUTISM
tical information to remember	ASSOCIATIO
CHILD'S TRANSMITTER TRACKING NUMBER (if applicable)	
CHILD'S OFFICIAL DIAGNOSIS	
CHILD'S IDENTIFYING MARKS, BEHAVIORS, MEDICATIONS & MEDICAL	NEEDS
nergency steps:	
LWAYS CALL 911 IMMEDIATELY IF YOUR LOVED ONE IS MISSI	
YOUR CHILD IS ATTRACTED TO WATER, SEARCH NEARBY N	VATER SOURCES FIRST.
learly state your child's name for the 911 operator.	
ate that they have a cognitive impairment, provide the diagnosis, state they are enda	ngered and have no sense of danger.
rovide your child's radio frequency tracking number (if applicable).	
rovide your child's date of birth, height, weight, and other unique identifiers (eyeglass	es, braces, hand-flapping, etc.)
your child is attracted to water, tell them to immediately dispatch personnel to near	by water sources (lakes, ponds, pools)
ell them when you noticed that your child was missing and what clothing he or she v	vas wearing.
equest an AMBER Alert be issued, or Endangered Missing Advisory.	
equest that your child's name and identifying information be immediately entered in	to the National Crime
formation Center (NCIC) Missing Person File.	
known areas your child would likely be or attracted to. If you have an emergency point person a thildren from school, watch your children, etc., alert them while searching known areas your child v n, never leave them unattended.	vould likely be. If you have other small
create an emergency point person who can contact neighbors I law enforcement, and assist in making arrangements for you dy our child go missing make sure this contact has a cell phone, knows what you res, where you child was last seen, how long your child may have been gone, any may have, your child's likes and dislikes and main attractions. Ideally, the emergen friend Provide your emergency contact with a copy of this plan and ask them to	, fax your alert form to other children. ir child is wearing, any identifying medical needs or allergies your by contact will be a relative or
RGENCY CONTACT NAME:	
RGENCY CONTACT NUMBER:	
list the main places your child may likely go within the neighb gerous areas nearby, such as ponds, lakes, pools, etc. Search these changes' ahead of time, make sure they know which location is assigned to the really show the volunteers the location to which they are assigned before a ne	areas first . If you have assigned n. Draw maps of these locations, or

LOCATION NAME	LOCATION DESCRIPTION	N	
I.			
2.			
3.			
4.			
*			
5.			
will commit to searching for you	ns, assign at least five (5) willing "se r child in the event of an emergency willing and understand which search location	Make sure they would be	
NAME NUMBER	NUMBER ASSIG	NED LOCATION	
OTHER NUMBERS:			
LAW ENFORCEMENT FAX NUMBI	ERS: (in case local law enforcement does not have	your child's information on file,	
have your assigned emergency point person for	ax it)		
National Center for Missing & Explo	pited Children (NCMEC): 1-800-THE-LOST	(1-800-843-5678)	
LOCAL MEDIA CONTACT NUMBE	RS:		
OTHER NOTES: (make any notes you fee	el may be important in case of a wandering emer	gency.)	
	ANDERING PREVENTION" ON FACEBOOK so		
your child's first responder alert form, document	at all times. Keep a copy in a safe, accessible place w tation of diagnosis, medical papers and any other imp	ortant information.	
		-	
FWEP_page 2			

c	AREGIVER LOG
	AREGIVER & CHILD'S NAME DATE:
	ny child's wandering history: NATIONAL ALTISM SSOCIATION
	DATE WANDERED FROM WHERE/WHOM WAS FOUND AT
_	
_	
-	
-	
_	
	IRCUMSTANCES OF NOTE
_	
-	
- A(CTIONS/STEPS TAKEN TO PREVENT WANDERING
_	
_	
-	
-	
-	aregiver log_page 1
•	and a great or a graph of great or

CAREGIVER LOG	CAREGIVER LOG	
CAREGIVER & CHILD'S NAME:	DATE:	TOOLKIT
RESOURCES AND CONTACTS		NATIONAL AUTISM ASSOCIATION
NUMBERS: LAW ENFORCEMENT & PHYSICIAN		
	ren (NCMEC): I-800-THE-LOS	T (1-800-843-5678)
OTHER CONTACT NUMBERS:		
OTHER NOTES:		

Summary

- Autism characteristics
- Prevent
- Educate
- Respond
- Forms

Resources

- See attached resource sheet
- Email: twarwick@todaystherapysolutions.com