

Emergency information for the people helping this child

Autism Emergency Binder

Everything a caregiver, sitter, teacher, or first responder needs in one binder: who to call, what helps, and what to do in the moments that matter.

Inside

- Child ID page for first responders
- Emergency contacts in call order
- Medical information and allergies
- Communication and sensory profiles
- Safety and elopement plan
- Safe foods, school, and backup care

This binder belongs to _____

Last updated _____

Child ID

The page to hand a first responder. A recent photo beats every description; update it twice a year.

Full name

Goes by

Date of birth

Height

Weight

Hair

Eyes

Diagnosis

What helps fast



HOW TO APPROACH

Move slowly, speak plainly, give extra time to respond.
Sirens and shouting can make things worse.

Emergency Contacts

Call in the order listed. If the first number does not answer, keep going down the list.

Call 1

Name

Relationship

Cell

Alternate

Call 2

Name

Relationship

Cell

Alternate

Call 3

Name

Relationship

Cell

Alternate

Doctor / clinic

Doctor

Phone

Clinic or hospital

Other important contacts

Medication

When

For

- Seizures
 Asthma
 Heart
 GI issues
 Sleep
 Other

Company

Member ID

Policy holder

Communication

How this child communicates, and how to communicate back.

Communicates by

☐ Speaking

☐ AAC device

☐ Sign language

☐ Gestures

☐ Pictures

☐ Other

Best ways to communicate with them

Words and phrases they use

What makes communication harder

Sensory Profile

Sensory needs drive behavior under stress. What overwhelms, and what brings them back.

Can overwhelm

Helps them calm

Tools that help

Headphones, a chew, a weighted item, a fidget: name what works and where it is kept.

Safety and Elopement

Many autistic children leave safe places when overwhelmed. This page is the plan.

May leave or hide when

Likely places to go

DRAWN TO WATER?

Water is the leading danger in autism elopement. If yes, name the nearest water and search it FIRST.

IF THEY ARE MISSING

1. Search water first if drawn to it, then favorite places

2. Do not chase or shout; approach calmly from the front

3. Call 911 and say the child is autistic and may not respond to their name

Food is safety and comfort here, not preference. Offer from the safe list; never force the refused list.

Safe foods

Will refuse

Feeding notes

Utensils, textures, how they drink, help needed.

If I Am Not Available

The plan when the primary caregiver cannot be reached.

My child can go to

Name

Address

Phone

The plan

Review log

An out-of-date binder is a risk. Review after any change to medications, school, or contacts.

Date reviewed	What changed