

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



RECENT PHOTO

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

MEDICAL INFORMATION

CURRENT MEDICATIONS

MEDICATION

DOSE

WHEN

FOR

ALLERGIES AND REACTIONS

CONDITIONS TO KNOW ABOUT

☐ Seizures ☐ Asthma ☐ Heart ☐ GI issues ☐ Sleep ☐ Other

INSURANCE

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

SAFE FOODS

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.

EMAIL

DAY AND TIME

spectrumunlocked.com/blog/free-emergency-binder-printables

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