ATTENTION
MEDICAL PROVIDERS & LAW ENFORCEMENT



My name is _____ and I am autistic.

In the event of emergency or stressful event, I may enter into an autistic meltdown and be unable to properly communicate.
You can help me by:

- Reducing sensory input (dim lights, reduce volume, remove upsetting visuals, etc.).
- Allowing me to communicate via writing if desired.
- Using a calm voice and asking one question at a time, allowing me plenty of time to answer.
- Allowing a support person to stay with me, if at all possible.
- Not touching me without permission.
- Focusing on the "why" behind what needs to be done and giving me explicit step-by-step instructions.

Important things to know about me:

- My pronouns are _____.
- I may be a delayed processor and take longer to recall events.
- I may not make eye contact with you even when actively listening.
- I may be more prone to comorbidities like epilepsy, ADHD/ADD, OCD, anxiety, depression, bipolar disorder, feeding/eating challenges and gastrointestinal issues.
- 1-on-1 conversations work best for me.
- I may use repetitive motions to calm myself down. It might be helpful if you remind me to stim if I have been immobile for a while.
- Interoception difficulties might make it harder for me to register pain, hunger, thirst, and the need to urinate.
- I may have serotonin differences that cause medications to have paradoxical effects in my body.

- I am allergic to _____.

- Current medications: _____

