Directions: Print this page out, cut along the dotted line, and fold where indicated.
Suggested use: Keep handy in a wallet.

FOLD

I have Autism Spectrum Disorder

Please be patient with me

To best help me:

- Use clear language; speak slowly and with a steady tone
- Give me time (10-15 seconds) to respond to questions
- Consider: noise, light, and touch may overwhelm me
- Do not touch me without warning
- Do not attempt to stop behavior such as hand-flapping or rocking
- Consider eye contact maybe difficult for me

If I need assistance, please contact the person listed on the back of this card.

My name

My address

Emergency contact(s)

Phone number

Please call police if my contact(s) cannot be reached.

Autism Society of North Carolina

FOLD

Directions: Print this page out, cut along the dotted line, and fold where indicated. Suggested use: Laminate and hole punch to be used on shoelaces, communication rings, or lanyards. Put in ID holders on backpacks, suitcases, and jackets.

FOLD

I have Autism Spectrum Disorder

Please be patient with me

- I may have trouble communicating.
- I may appear deaf or not respond to verbal cues.
- Eye contact may be difficult for me.
- I may be sensitive to touch, sound, or bright lights.
- I may exhibit behaviors such as hand-flapping or rocking.

If I am lost or in trouble, please contact the person listed on the back of this card.

My name

My address

Emergency contact(s)

Phone number

Please call police if my contact(s) cannot be reached.

Autism Society of North Carolina

FOLD