

COMMUNITY

Resource Guide



PACT

Although we encourage you to reach out to us through our contact form to get an individualized consultation on using our resources to address the needs of your community, we have put together this resource guide to make it easy for you to see what is available.

We encourage you to make our resources your starting place. Individualize them for your community, adapt them for your needs, and make them your own. If you have any questions or need help with this process, please reach out!

MEET & GREETs:

- Planning and Running a PACT Meet & Greet
 - A Community Meet and Greet is a purposefully planned event that provides an opportunity for trained first responders to meet with their Autism Community. The event is mutually beneficial. Individuals with Autism get a chance to practice their interactions with first responders, and first responders get to learn more about the needs in their autism community. The event is purposefully designed to support both missions, and we are willing to consult with anyone wanting to hold an event in their community!
 - Organize a Meet & Greet in your community using these easy steps:
 - **PICK A COMMUNITY LOCATION**
 - Decide where the event will be held. If inside, consider choosing a quiet space with limited doors so that families can come without worry of multiple exits. If outside, again, choose a quiet park that has clear boundaries (fences) for safety.
 - **GATHER SUPPLIES**
 - Be prepared to set up tables of engaging materials for all ages. We suggest police themed coloring pages, sensory play, lego, building/construction, trains, and police themed books. If providing food, consider allergies. We suggest sticking to drinks (coffee, water, juice boxes). We also suggest you have safety materials set up for the autistic community. Ideas of these can be found on our website.

▪ INVITE COMMUNITY MEMBERS AND OFFICERS

- Find ways to engage and invite the autism community in your area. Ensure that police officers or other law enforcement members will come, dressed in uniform. They will need to be briefed on the goal of the event - to mingle, get to know the autistic community, and give everyone a chance to be in the same space.

▪ AT THE EVENT

- Encourage interactions between officers and community members. Help autistic community members to sit near or say hello to officers. Have scripts ready so they can practice saying "hello" and giving personal information. Allow families to ask questions and vocalize worries. Enjoy interacting with each other!

- **Want to know more?** PACT team members are happy to consult with you on the details of your own event. Just submit a form on our website and we will reach out to you!
- **Here** you will find a PDF of the directions listed above on how to run a meet and greet
- **Meet & Greet with Lexington Police Department**
 - Example of advertisement from local meet and greet event

RESOURCES FOR SCHOOLS AND TEACHERS:

- Consider hosting a Professional Development Day to educate your staff on autism and emergency preparedness
 - Tips on how to host a fun and educational Professional Development Day - **Procare**
 - PACT team members are happy to consult with you on the details of your own event. Just submit a form on our website and we will reach out to you!
- Incorporate inclusive activities such as those that build on social skills, sensory activities, calming activities, and develop effective teaching strategies for children with autism
 - **Activities, Teaching Strategies, and Resources** for Teaching Children with Autism - Waterford
 - Activities for Autism Awareness Month in April

- AFIRM - **Online Learning Resources**
- Set up your classroom spaces to support students with ASD
 - Use Visual Supports to prepare for emergency situations
 - **Widget Health Police Symbol Board**
 - **Afirm Module** on visual supports
 - Autism Program - **Visual Communication Board**

GENERAL RESOURCES AND MATERIALS:

- Sensory Kits/Bins
 - Sensory Kits can be a great tool for regulating stress in emergency situations
 - Examples of things to include:
 - Fidget spinners
 - Fidget cubes
 - Bubbles
 - Stickers
 - Pop-its
 - Laminated communication boards
 - **Example** of a Sensory Kit
- **Safety Products and Services** - Autism Speaks
- Safety Alert Product Ideas
 - Safety Alert Card - Identification for Individuals
 - **National Autism Association**
 - **AutismIDCard.com**
 - Wallet Card
 - Asperger/Autism Network **Template**
 - Safety Alert Decal - Decal for Cars or Houses
 - **Autism-Products.com**
 - Many options on Amazon
 - Autism Alert Tattoos
 - Lost and Found temporary tattoos
 - **Safety Tat**
 - **Awareness Ribbon Gifts**

- **Big Red Safety Box**
 - Free safety toolkit for autism families in need of wandering prevention tools
- **Wandering Brochure** - National Autism Association
 - Wandering Prevention and Safety
- Interact with other parents, family members, friends, educators, and law enforcement officials to build a sense of community and knowledge-sharing centered on the individuals with autism in their lives.
 - **Think Safety** - Organization for Autism Research