

# **AUTISM SOCIETY**

*Improving the Lives of All Affected by Autism*

*Inland Empire*



**2019**

# **SAFETY RESOURCES**

# Autism Safety Resources

There is a range products and services around the topic of safety, from seat belt harnesses, to wearable identification items, and smart technology.

Products can be an option to consider as a *part* of a multifaceted safety plan, specific to a person with autism's unique needs.

Remember, a person with autism's safety needs can change as they get older or when there is a sudden change in routine, so the safety plan should be updated on a regular basis.

This list is not intended to be all inclusive and the Autism Society Inland Empire does not endorse any individual product. All information provided or published by the Autism Society Inland Empire is for information purposes only. References to any treatment or therapy option, program, service or treatment provider are not an endorsement by the Autism Society. Referrals provided are suggestions to organizations that might help, but do not constitute a recommendation. The Autism Society Inland Empire cannot be held responsible for consequences that arise from individual dealings with a professional or organization. The inclusion of any organization does not imply endorsement, and omission does not imply disapproval. The Autism Society Inland Empire may add or remove organizations from this list at its discretion.

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## **Apps**

**ICE4Autism** (“in case of emergency”). Family members and individuals on the autism spectrum developed ICE4Autism, and it allows the user to input a variety of pertinent information, such as special instructions (written and/or a pre-recorded spoken statement), medications, other health conditions, allergies, doctor and family contact information, and even insurance coverage. Its “Alert my emergency contacts” button immediately notifies a pre-defined list of people. It also allows you to set up a special lock screen, so that even when the phone is locked the basic information is still accessible, as well as your special instructions message. ICE4Autism is currently only available for Apple devices, but the website says that they are developing an Android-compatible version. ICE4Autism is only \$1.99.

### **Emergency Chat**

Offers a simple interface for typed communication with a good Samaritan or first responder if—due to anxiety, sensory overload, or anything else—a person becomes temporarily non-verbal. It is available for Android and iOS. Its main screen contains a pre-typed, customizable message. The message could describe a sensory overload meltdown and direct the person reading to click to use the chat capability. This app could also be useful for individuals who experience asthma attacks, incapacitating migraines, or anxiety attacks.

### **QuickCues**

is an app that is more appropriate for use before an emergency. It contains several modules with “social scripts,” suggestions of how to respond to various situations. One of the modules focuses on safety and includes scripts about asking for help, handling money, being aware of your surroundings, and being approached by strangers. The other modules are Communication, Life Skills, Socialization, Coping, and On the Job

### **Staying Safe and Safer Strangers - A Stranger Danger Social Story**

Social story appropriate for ages 4+ by Touch Autism. Cost of app is \$2.99

## **Home and Car Safety Products**

### **Angel Guard**

[www.angelguardbuynow.com](http://www.angelguardbuynow.com)

Keep your passengers safe and their seatbelts on! The safety seatbelt release cover which acts as a safety barrier that deters children from unbuckling their seatbelts.

### **If I Need Help**

[ifineedhelp.org](http://ifineedhelp.org)

Non profit which uses QR Code Technology that can be accessed by computer or cell phone to provide help, emergency ID and peace of mind. They offer a free online member profile, and Emergency Q&A that can be edited in real time and emailed or printed in an emergency. Customizable ID products include ID cards, & wearables such as shoe/dog tags, patches, pins/clips, & apparel. Offers books on many safety topics, safety products including specialized locks, and clings for windows. Inland Regional Center vendor.

### **Seat Belt Buckle Guard**

[www.especialneeds.com](http://www.especialneeds.com)

The Seat Belt Buckle Guard is a seat belt lock designed to prevent children with emotional and cognitive disabilities from releasing the seat belt while the car is in motion.

### **toddlermonitor™**

[toddlermonitor.com](http://toddlermonitor.com)

toddlermonitor™ was created by a Mom, after her son snuck out of his bedroom and their house one night while she was sleeping. toddlermonitor™ hangs on your kid's bedroom door and will alert your phone if your little escape artist leaves their bedroom at night. Get a great night's sleep - that little one isn't going anywhere!

**Stickers and Decals for Cars and Windows can be purchased on ETSY or AMAZON**

## **Location Apps, GPS, and Programs**

A medical diagnosis code in the ICD-10-CM Code **Z91.83** was been approved by the Centers for Disease Control (CDC) in October 2011. Caregivers of those at risk of wandering should discuss this diagnosis code with their physician. Official diagnosis may assist with insurance coverage for safety equipment and strengthen requests for implementation of safety-related strategies and accommodations in a student's IEP.

Inquire with your insurance company about whether they cover some or all of the cost. Prepare the following information when submitting a request to insurance companies:

**PRESCRIPTION:** You can also speak to your family doctor about getting a diagnosis for wandering for a "GPS for Wandering Prevention" device.

### **Codes to personalize for your diagnosis:**

- Autism F84.0
- Mild Intellectual disability F70
- Moderate Intellectual disability F71
- Dementia F03
- Alzheimer's G30.9

**Wandering codes:** V40.31 or Z91.83

### **Other Codes to use for device/system:**

- X5012 Personal Emergency Response System (HIPAA Compliant)
- S5160, S5161, S5162 Personal Emergency Response System (CPT/HCPC)
- S5160K, S5161HK Health & Safety Welfare
- E1399 Durable Medical Equipment & Other
- F84.0 Augmentative Devices (GPS tracking device) due to Autism wandering in diseases classified elsewhere Z91.83

### **AMBER Alert GPS**

[www.amberalertgps.com](http://www.amberalertgps.com)

AMBER Alert GPS keeps families connected by enabling instant one-touch contact between kids and caregivers. A child can quickly, at the touch of ONE-button, speak with & receive calls from a caregiver, trigger a precise GPS location, and issue an email SOS alert to pre-selected persons of trust. Built-in safety features can be customized to trigger an alert including safe zones, low battery, breadcrumb tracking, speed limit and proximity to homes of registered sex offenders - all of which are accessible via a secure online dashboard, mobile app or email.

## **AngelSense**

[www.angelsense.com](http://www.angelsense.com)

Angelsense provides a GPS and voice monitoring solution to keep children with special needs safe and well cared-for. The solution includes a wearable GPS device - designed to address sensory issues and a friendly app based on smart analytics. Parents use this product to oversee their children daily routine in real time, listen in to make sure they are treated well, get alerts for location changes, locate lost child with live updates, and view pictures of visited locations. The AngelSense customer care team members are all parents to children with special needs who are active users of the product.

## **Care Trak**

[www.caretrak.com](http://www.caretrak.com)

The Original Law Enforcement Rescue Program that electronically tracks people with Alzheimer's who wander and special needs kids. Sheriffs, Police, Fire Departments, SAR Teams, etc. use Care Trak to quickly locate at risk individuals.

## **ICE4Autism**

[www.ICE4Autism.com](http://www.ICE4Autism.com)

ICE4Autism is the ONLY autism-specific in case of emergency (ICE) mobile app. It easily stores vital information about an autistic person's unique and individual needs directly on their iPhone or iPad making the very information first responders and ER personnel need to interact with and treat the person properly, immediately accessible. Among other features, ICE4Autism also includes an "*alert my emergency contacts*" feature which sends an emergency alert text message to the user's emergency contacts.

## **JIOBIT**

[www.jjobit.com](http://www.jjobit.com)

GPS monitoring system which allows you to see your child's real-time location from anywhere. Waterproof (IPx8) and securely attaches all day. Unlimited data plan with FREE global roaming and unlimited app users.

## **Life360**

<https://www.life360.com/>

Monthly subscription app which allows parents to keep track of family-members with a "geo-fencing" to alerts when loved ones cross certain predetermined boundaries. Has a feature to encourage safe driving with periodic driving reports. Available on iOS and Android.

## **MX-LOCare GPS Watch**

[adiantmobile.com](http://adiantmobile.com)

The MX-LOCare™ GPS Watch is a wearable GPS technology that was designed based upon the application requirements of law enforcement agencies, healthcare organizations and authorities for wandering- prevention technology and for greater peace of mind. The suggested applications are for Alzheimer's care, child protection, law enforcement, lone- worker protection, elderly care, and autism. The MX-LOCare™ GPS Watch can also be tailored to suit the individual to easily adapt to their changing needs.

## **Safe Return – San Bernardino Co Sheriff's Department**

<http://wp.sbcounty.gov/sheriff/safe-return-program/>

Free program for residents in San Bernardino County. It is a voluntary photo-based information system hosted by the Sheriff's Department. The program is designed to assist Law Enforcement agencies during contacts with members of the community who have disabilities such as, but not limited to, Autism Spectrum Disorder, Dementia, Alzheimer's, Down syndrome, and other developmental and intellectual disabilities, to ensure the special needs person's safe return home. Families and self-advocates input information into the confidential database and it can be used by the Sheriff's Department to help locate individuals.

## **Trackimo**

[trackimo.com](http://trackimo.com)

Trackimo -- a high-precision tiny GPS/GSM tracker for kids, elderly, vehicles and other precious things with worldwide coverage. A little device that will give you peace of mind, letting you know exactly where your children are at any given time. Furthermore, it sends you smart alerts like text, email, and phone calls when something unusual happens, like if your kids venture out of specific parameters (school, house, park), gets lost, or if they press the SOS button.

## **Verizon GPS- GIZMO**

<https://search.verizonwireless.com/onesearch/search?q=gizmo>

The GizmoWatch is the fun and kid-friendly smartwatch designed with your child's safety in mind. Automated alerts and a GPS locator provide independence while still keeping you in the know. Get your child excited about exercise using the step tracker, set on-screen notifications and program up to 10 trusted contacts for 2-way voice calls and messaging. Durable, waterproof and easy to use.

## **Safety Kits and Materials**

### **AMKS Safety & Resource Kit**

[www.autismmomsknowsafety.com/safety-kit](http://www.autismmomsknowsafety.com/safety-kit)

The AMKS Safety Kit is a free-of-charge toolkit given to autism families to educate, raise awareness and share simple tools for Autism safety that can help prevent wandering and/or assist others if your child is missing to help get them home safely.

### **Howard Wigglebottom Songs - You Tube Songs**

#### **We Do Listen Foundation**

<https://wigglebottomtales.com/>

We Do Listen is a non-profit foundation that publishes award-winning books, animated videos, sing-along original songs, lessons, games and more. They offer free Skype live video author visits for PK-3 classrooms or schools to help children become better listeners, learn important life lessons and feel good about themselves. Subjects include Listening, Telling the truth, Doing his/her best, Bullying, Making the best of any situation, Anger management, Sharing, Food and screen watching management, Belonging, special needs, Competition and sportsmanship, Fear, Saying no and whom to trust, Manners, Getting along and Loss of a pet or loved one.

### **If I Need Help**

[ifineedhelp.org](http://ifineedhelp.org)

Non profit which uses QR Code Technology that can be accessed by computer or cell phone to provide help, emergency ID and peace of mind. They offer a free online member profile, and Emergency Q&A that can be edited in real time and emailed or printed in an emergency. Our customizable ID products include ID cards, & wearables such as shoe/dog tags, patches, pins/clips, & apparel. Offers books on many safety topics, safety products including specialized locks, and clings for windows. Inland Regional Center vendor.

### **The National Autism Association**

<http://nationalautismassociation.org/big-red-safety-box/>

Offers a free [Family Wandering Emergency Plan](#) and the Big Red Safety Box is a free-of-charge toolkit given to autism families in need as a means to educate, raise awareness and provide simple tools that may assist them in preventing, and responding to, wandering-related emergencies.

### **Safety Teaching Stories from Twigtale**

[www.twigtale.com/books](http://www.twigtale.com/books)

Personalized books on a variety of safety topics. Cost is \$19.99 for each. You provide the personal photos and details, Twigtale provides the scripted story. Stores include *Water Safety*, *I Stay in My House*, *Police Officer My Friend*, *If I Get Lost* and more.

## **Social Media Apps**

### **Bark**

This app is designed to monitor the texts and messages children/teens write and to detect words associated with bullying, sexting, signs of depression, or suicide. A warning text is sent to the parent's phone if certain words are detected.

### **Bark-o-matic**

<https://bark-o-matic.com/>

The internet's first customizable resource for parental controls. No matter how your child uses the internet, we can provide you with all the information you need quickly, easily, and in one location.

### **Footprint Friday**

<https://smartsocial.com/footprint-friday/>

A program parents can join with a free trial, but there is a cost. This tool helps parents monitor their student's social media presence every week/month in less than 5 minutes. Also has a feature to teach parents EXACTLY how colleges and employers will search for their Teens & Tweens (and what they will find).

### **My Mobile Watchdog**

<https://www.mymobilewatchdog.com/>

Fee based program with a website parents can use to monitor every text, photo and email their child sends and receives. Parents can block access to certain sites, and can use geolocate function to find their loved one's physical location.

### **Smartsocial.com**

<https://smartsocial.com/>

A website that provides a wealth of information to parents about social media, provides great insight into how appropriate specific apps are for different age groups, how children/teens can use and misuse social media, and good and dangerous apps.

These resources were adapted from the San Bernardino County Sheriff's Department Handout "Know What's Appening"

## **Safety Workshops**

### **Autism Society Inland Empire**

[www.ieautism.org](http://www.ieautism.org)

Offers classes throughout the year on different safety topics both for families and self-advocates. Check the calendar for the next scheduled workshop.

### **BE SAFE The Movie (BSTM)**

[www.BeSafeTheMovie.com](http://www.BeSafeTheMovie.com)

BE SAFE The Movie uses video modeling to show teens and adults with ASD how to interact safely with the police. Actors on the spectrum and real police and teach viewers what to do in different police encounters ranging from a casual meeting to an arrest. There is an evidence-based teaching tool that includes BE SAFE The Movie plus a 300-page companion curriculum. Teachers and parents can use the curriculum to help diverse learners master the essential safety skills shown in Be Safe The Movie.

### **Elevatus Training**

[www.elevatustraining.com](http://www.elevatustraining.com)

Offers Trauma Informed curriculum, online training and in-service/live workshops to help staff, educators, direct support pros, self-advocates and parents confidently navigate the topic of sexuality for people with Developmental Disabilities

### **Get Safe**

15032 Red Hill Ave Suite E, Tustin CA 92780

(714) 834-0050

<http://getsafeusa.com/>

Training presented in a fun, interactive style, training uses props, realistic scenarios and interactive activities, simple and appropriate language and examples, and repetition of key ideas to make this training stick. This program is fully customizable based on a group's needs. Topics can include Self-advocacy skills, Self-defense vs. fighting, Home, transportation and school safety, interacting with law enforcement, Warning signs of abuse/tricks & lures, Healthy relationships, Bullying Prevention & Intervention, Phone/Internet Safety, Simple Escape/Defense Techniques, Safety Tool Options (canes, wheelchairs, etc.) Get Safe is also an IRC community vendor and has a contract for its GSCAT program, which offers IRC clients involved in the legal system one-on-one safety training, advocacy assistance and legal competency training. It currently has about 30 clients at IRC.

### **Inland Regional Center (IRC)**

IRC holds periodic trainings for teens, adults, and families who are IRC clients on the topics of safety, self-advocacy, and sexuality. For more information contact Sarah Hartsell [shartsell@inlandrc.org](mailto:shartsell@inlandrc.org) or visit: [www.inlandrc.org](http://www.inlandrc.org) (see Calendar).

## Wearable Identification Items

### **Alert Me Bands**

[www.AlertMeBands.com](http://www.AlertMeBands.com)

Alert Me Bands are the simple solution that not only communicates who to call in an emergency but also communicates and creates awareness for medical/special needs and allergy indications. The bands are adjustable and are the only solution available to date that are impossible for children to remove on their own! Because our ASD kiddos are even more at risk for wandering they especially need to be wearing these at all times!

### **ELPH Safety Band ID**

[www.elphband.com](http://www.elphband.com)

ELPH, Easy Look Up to Phone Home, is a wearable silicone wristband that provides a highly visible form of identification. Uses QR Code Technology and 24/7 hotline help to reunite you and your loved one. It is the simple solution that not only communicates who to call in an emergency but also communicates and creates awareness for medical/special needs and allergy indications. ELPH is a solution that will help ease the minds of parents, caretakers and adults living with autism.

### **If I Need Help**

[ifineedhelp.org](http://ifineedhelp.org)

Non profit which uses QR Code Technology that can be accessed by computer or cell phone to provide help, emergency ID and peace of mind. They offer a free online member profile, and Emergency Q&A that can be edited in real time and emailed or printed in an emergency. Customizable ID products include ID cards, & wearables such as shoe/dog tags, patches, pins/clips, & apparel. Offers books on many safety topics, safety products including specialized locks, and clings for windows. Inland Regional Center vendor.

### **KeepMeSafeID**

[www.keepmesafeid.com](http://www.keepmesafeid.com)

ID bracelets using QR code technology that allows users to provide as much information as they see fit. Their IDs, when scanned, also send Alert Messages that tell the emergency contacts when the ID was scanned and provides a GPS location. The user can also upload an unlimited number of documents to be saved and retrieved for use at any time. For example, upload your child's IEP so there is no need to worry about wondering where you put those IEP papers.

## **Kheelz: Ice Card and Medical Alert ID System for Children**

[www.kheelz.com](http://www.kheelz.com)

What if your child was lost, afraid or injured and/or could not speak...How would you know? Kheelz: ICE Card & Medical Alert ID System provides parents with peace of mind by providing a safe, secure, simple and affordable way for children to carry an ICE (In Case of Emergency) Card & Medical Alert ID with them at all times wherever they go...Every Step They Take. The Kheelz ICE Card is located in a special pocket area of the Kheelz shoe insert it is easily accessible ONLY when needed. A shoelace charm (or waterproof permanent sticker for non-lace shoes) reads "ICE Card in Shoe Insert".

## **Lost and Found Temporary Tattoos**

[www.tattooswithapurpose.com](http://www.tattooswithapurpose.com)

Free "If I am lost, please help me be found" temporary tattoos with your phone number.

## **MedicAlert**

[www.medicalert.org/autism](http://www.medicalert.org/autism)

Free autism medical IDs & wandering support services available for a limited time, supported by the Northwestern Mutual Insurance Endowment Fund. MedicAlert Foundation operates under the mission "protect and save lives"; therefore, we developed the new MedicAlert Found® program to provide an additional layer of protection for the autism community.

## **SafetyTat**

[safetytat.com](http://safetytat.com)

SafetyTat is a fun and colorful temporary safety child ID tattoo that's uniquely offered either customized with your mobile phone number. When applied to the arm of your child or loved one, SafetyTat provides an immediate, highly visible form of child identification.

## **Shoelace Bands**

[www.shoelacebands.com](http://www.shoelacebands.com)

Shoelace Bands offer safety from trips and falls by using comfortable shoelace bands that conform to your feet and prevent unwanted loose laces. Teachers and aids often do not have time for repeated tying of shoes for multiple students and students are often embarrassed to ask to have them tied. These are colorful bands that are \$10 and offer safety, style and independence.