

DISABILITY ALERT CARDS

If you have a disability, fill out the cards below. Cut them out and fold in half.
Keep them with you to hand out as needed.

 **Fold Here** ↓

My name is

I have autism.
It can be difficult for me to control my behavior or understand directions

If you think I need help, please call my emergency contact:
Name: _____
Phone: _____

In an emergency, I may:

- Run away or resist help
- Not follow instructions
- Not understand the danger
- Not feel physical pain
- Not be able to communicate

Please don't stop me if I calm myself with these behaviors:

- Repeat words or sounds
- Rocking, humming or flapping my hands

 **Fold Here** ↓

My name is

I have an invisible disability called

While I may "look fine" to you, my disability may cause me to respond slowly or unexpectedly. Please be patient and wait for me to answer.

My emergency contact is
Name: _____
Phone: _____

Epilepsy seizures can range from blank stares to loss of consciousness, stiffening or jerking and loss of coordination, including falling. Please help me stay safe during the seizure.

Sometimes my disability may cause me to process information by looking away from you when I answer you. I am not being rude, so please be patient with me.

If I am injured and unable to ask for help, please call 911.

 **Fold Here** ↓

My name is

I am a very capable person who has a mobility disability. It may take extra time for me to accomplish tasks. I appreciate your willingness to help, but I would prefer you wait for me to ask for it.

My emergency contact is
Name: _____
Phone: _____

Etiquette includes asking before touching me or my equipment. It could cause a fall or injury.

I am very capable, although my movements might appear unusual to you. I will certainly ask for your help if I need it.

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If you have a disability, fill out the cards below. Cut them out and fold in half. Keep them with you to hand out as needed.



Fold Here

My name is _____

I am blind or have low vision.

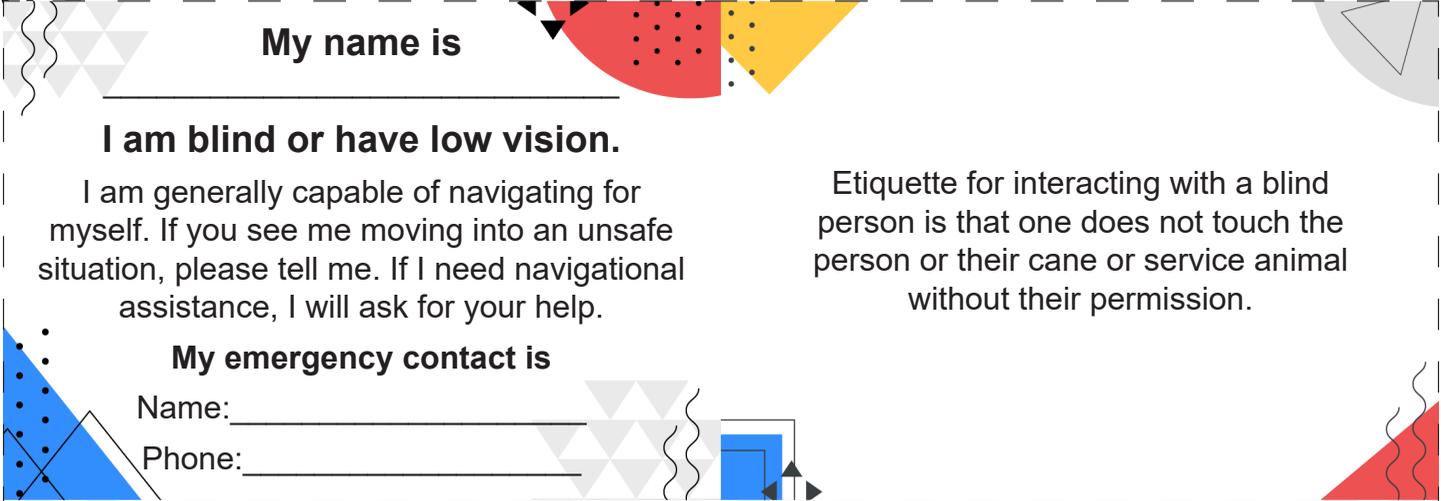
I am generally capable of navigating for myself. If you see me moving into an unsafe situation, please tell me. If I need navigational assistance, I will ask for your help.

Etiquette for interacting with a blind person is that one does not touch the person or their cane or service animal without their permission.

My emergency contact is

Name: _____

Phone: _____



Fold Here

My name is _____

I am deaf or hard of hearing.

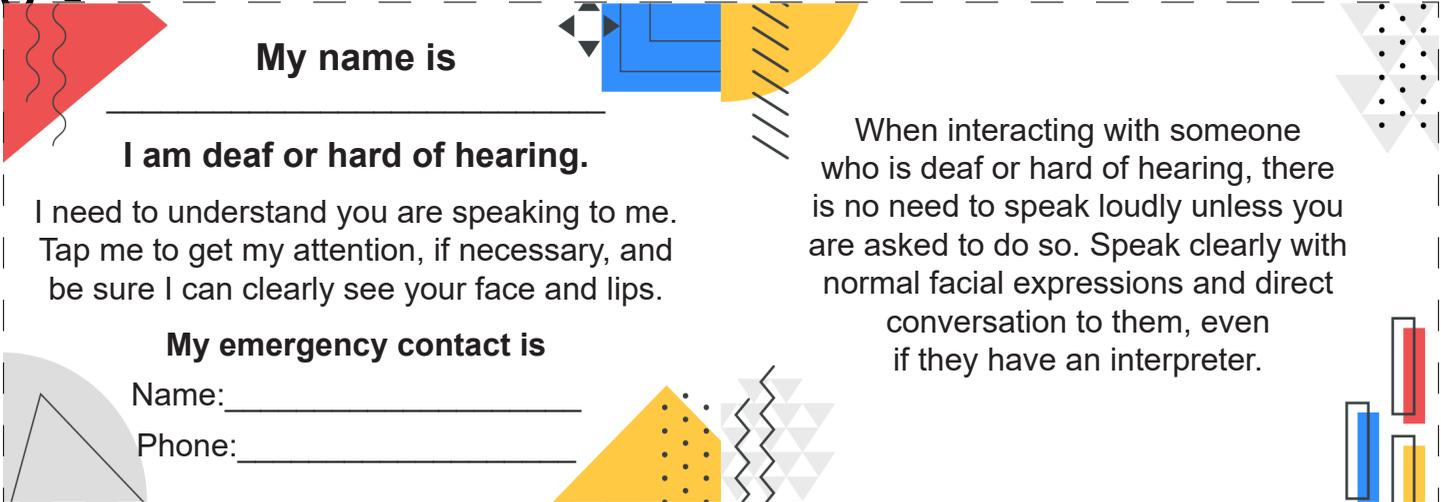
I need to understand you are speaking to me. Tap me to get my attention, if necessary, and be sure I can clearly see your face and lips.

When interacting with someone who is deaf or hard of hearing, there is no need to speak loudly unless you are asked to do so. Speak clearly with normal facial expressions and direct conversation to them, even if they have an interpreter.

My emergency contact is

Name: _____

Phone: _____



Fold Here

My name is _____

I have an intellectual or developmental disability.

I will likely need a bit longer to process what you are saying. My speech or actions may seem unexpected, so please be patient.

Etiquette for interacting with individuals who have intellectual or developmental disabilities is simply being patient and asking before touching them or offering assistance. Watch for clues indicating a sensitivity to sounds, tastes or the feel of some textures.

My emergency contact is

Name: _____

Phone: _____

