



**EASY READ**

**AUTISM & SAFETY TOOLKIT:  
SAFETY TIPS FOR SELF ADVOCATES**

**CREATING SAFER COMMUNITIES  
AND ADVOCATING FOR CHANGE**



## Avoid Problems with the Police

Some people with disabilities may be treated unfairly by the police. Sometimes they even face getting in trouble with the law. This is especially true for those from different racial backgrounds.



Self advocates can help make the police better. Self advocates can also find ways for the community to solve problems without always calling the police.

## Set up a Safety Plan

Create a safety plan to avoid calling the police when not needed. Your safety plan may include:

- The best ways to calm you down when you are very angry or very sad
- The best people to contact when you need help
- A step-by-step list of instructions that you want people to follow
- Name of a person you trust who will take care of your dependents or pets

## Autism and Safety Toolkit: Creating Safer Communities and Advocating for Change



**Customize Your Plan:** Make a plan that fits your needs. Your plan can tell people what to do during a mental health crisis or when feeling suicidal. You may have more than one plan depending on how you feel.

### Use Medical ID Bracelets

Wear a special bracelet with medical information. It can help police understand your disabilities. It is better than showing a card because it will not be mistaken as a threat.



# Autism and Safety Toolkit: Creating Safer Communities and Advocating for Change



## Advocate for Better City Budgets

Some cities spend too much on police. Not enough money is spent on things like schools and community centers. You can join groups that decide how money should be spent in our city to make it better.



Get involved in budgeting councils and planning committees. You can help decide how your city or town uses its money.

## The Need for Fairness from the Police



Police should be more fair and better trained. One idea is to have outside people check when the police do something wrong. Another idea is to change rules about how they use force.

## Join Advocacy Groups

You can join local groups to make our communities safer and fairer for everyone. It is important for people with disabilities to be part of these groups, especially if they are from different backgrounds.

## Join National Organizations

There are big groups working on making things better across the whole country.

**Black Lives Matter:** They work for less police violence and fairness for everyone.

**National Police Accountability Project:** They can help if you have a problem with the police.

**Funders for Justice List:** It is a list of groups working for better policing.

By taking steps to stay safe, pushing for better police, and joining groups, we can help make our communities better and make the police fairer.