

## Resources:

**National Autism Association:** Many safety resources available [nationalautismassociation.org](http://nationalautismassociation.org)

**Autism Speaks Safety Project.** <https://www.autismspeaks.org/autism-safety-project>

**Assurance Wireless Smart Phone:** Free smart phone for individuals who qualify [assurancewireless.com](http://assurancewireless.com)

**MA Equipment Distribution Program** -Free or reduced cost, specialized phone equipment for individuals with disabilities (landline only) <https://www.mass.gov/massachusetts-equipment-distribution-program-massedp>

**DDS ISP Safety Assessment-** Checklist used to create goals - Request from your DDS Service Coordinator

**Tracking devices and App:** GPS or Assisted GPS (cell towers) or Radio Frequency

**Apple Air Tags** <https://www.apple.com/airtag/> \$29 each or 4/\$99 New 2021 Used with iPhone Find My app

**AngelSense GPS Tracking** [www.angelsense.com](http://www.angelsense.com) Guardian Kit \$79 - monthly fee \$39

Real-time tracking app: IOS, Android, web.

### **Non-Removable Wearing Device**

#### **Auto-Pickup Speakerphone**

In an emergency tell them to stop, calm them down, or talk to people nearby

#### **Emergency Detection Alerts**

Elopement, unexpected places, late to arrive, left behind

#### **School Bus Monitoring**

Alert for wrong drop-off & non-routine stops, detailed route, speed, ETA

#### **Live Location Sharing**

The real-time tracking map can be shared with Search & Rescue teams

#### **Audible Alarm**

Adjustable alarm can be activated to help locate child hiding or in a crowd

**Project Lifesaver and SafetyNet Tracking** Used with first responders' equipment. Radio frequency based so most reliable in all environments. Check with your local first responders.

**GPS Smart Sole.** [GPSsmartsole.com](http://GPSsmartsole.com)

Sneaker insert that has a GPS built in. Adult size only. Sends location to smartphone app

Sends text if out of the "zone"

**Life360** App Store -Free with upgrade options

Shows real time movements and location. Saves the travel route and time traveled

Can set up fences to get alerts if outside of the area.

Shows top driving speed during trip

Sends alert to contact if a crash is detected

## Internet Monitoring

**SaferKids Text Monitoring App** <https://www.saferkid.com> \$199/year covers all devices for all family members you are monitoring. Blocks offensive content, monitors text, phone contacts, call history, web browsing, app downloads. Sets screen time limits

**Bark** [bark.us](http://bark.us) \$99/year Tracks all phone/internet usage, detects questionable content, blocks apps

## Wearable Identification

Search Google for many basic identification options that can be engraved with contact information.

**If I Need Help** -[www.ifinedhelp.org](http://www.ifinedhelp.org) Free to families from the MA Northeast DDS region. Wearable QR code which can be scanned to view the wearer's name and their emergency contact information.

## Training Programs:

**Take Care First Aid:** [www.TakeCareFirstAid.com](http://www.TakeCareFirstAid.com) First Aid /CPR training classes as well as Be Aware community safety classes taught at your school/program. Classes are adapted to the abilities of each group and provide visual and hands on practice of the essential skills to care for themselves or someone else.

**Impact Ability: Triangle Inc. Malden, MA** [triangle-inc.org/impactability](http://triangle-inc.org/impactability) Learn to safely interact with people you don't know, setting safe boundaries and defending yourself

**Special Outreach Academy:** Essex County Sheriff Dept Middleton, MA. <https://www.essexsheriffma.org/community/pages/special-outreach-academy>. Classes include a tour of the facility, a history of the jails, a K-9 demonstration, learning the duties of a correctional officer, techniques of staying positive, integrity and respect, self-defense/personal advocacy, fire safety, 911 response education and community policing.

**Prevention 1st** website. <https://prevention1st.org>

Lessons on safety including in the kitchen and  
a fire safety program - Fire Safety: How to Teach and Essential Life Skill

**Positive Choices** - Oakhill, CT. Comprehensive curriculum for Individuals with Intellectual Disabilities and Developmental Disabilities <https://relationshipandsexuality.oakhillct.org>

**Circles Curriculum** - Understanding social boundaries - Google search for options

**Teaching Children with Down syndrome about Their Bodies, Boundaries and Sexuality** (All ages)  
Terri Couwehaven (2007) - Amazon books

**Sexuality for All Abilities: Teach in Special Education** Katie Thune (2020) - Amazon books

**Sexuality & Relationship Education for Children & Adolescents with Autism** Davida Hartman (2013)

**S.A.F.E.** Safety Awareness for Empowerment Waisman Center University of Wisconsin  
Free download (400 pages)

<https://www2.waisman.wisc.edu/cedd/pdfs/products/health/SAFE.pdf>

Training Guide for Safety at home, work and in public by Debra Hafner

8 Modules with lesson plans, visuals and activities

1. Feeling Safe, Unsafe and Uncertain
2. Relationships - who to trust
3. Right to Privacy
4. Tricks, Lies and Scams (Predators)
5. Safety and Sexuality
6. Changes in Relationships (Abuse and Assault)
7. First Aid Safety
8. Self Defense

**Safety Zone** - Curriculum developed by Portland, Oregon police with 27 Safety lessons

<https://www2.waisman.wisc.edu/cedd/Outreach/Documents/Publications/SafetyZone.pdf>

**Cooking Skills - Teaching Authentic Cooking Skills to Adults with Intellectual Disabilities**  
Janice Goldschmidt (2018)

*This information was accurate as of May 2021.*