

# Contact us:

## Autism Alert Card Scheme

Autism Alert Cards will be issued free of charge to people on the autism spectrum in Oxfordshire. Replacement cards will cost £1.

The Oxfordshire Autism Alert Card Scheme also:

- Provides Autism Awareness Training to Thames Valley Police Officers and PCSOs
- Enlists the help of local media to raise public awareness of autism in our county

The Oxfordshire Autism Alert Card Scheme is managed and provided by Autism Oxford, and funded by Oxfordshire NHS and Oxfordshire County Council. The Steering Group includes representatives from:

People on the Autism Spectrum  
Family Carers  
Thames Valley Police  
Oxfordshire Courts Service  
Autism Oxford  
NHS Oxfordshire  
Oxfordshire Social & Healthcare  
OASIS  
Autism Family Support  
Kingwood Trust  
and other local organisations

Thanks to Hampshire and Berkshire Autistic Societies for information and advice.

### Oxfordshire Autism Alert Card

T: 0844 381 4484  
E: alertcard@autismoxford.org.uk  
W: www.autismoxford.org.uk

#### Autism Oxford

T: 01844 353292  
E: info@autismoxford.org.uk  
W: www.autismoxford.org.uk

For Information on:

- Oxfordshire Autism Alert Card Scheme
- Developing services in Oxfordshire for teenagers and adults
- Affordable Autism & Asperger Speaker Events
- Bespoke Training by Team with Trainers on Autism Spectrum
- Becoming an Autism Oxford Speaker and/or Trainer
- Support groups for parents/carers of teenagers and adults

#### Oxford Aspies Pub Group

For Contact Details:  
T: 01844 353292  
E: info@autismoxford.org.uk

#### OASIS

T: 07900 144493  
E: chair@oasonline.org.uk  
W: www.oasonline.org.uk

Offering:

- Oxfordshire Parent/Carer Support Group
- Advice, Information and Support from parents
- Regular coffee mornings
- Monthly meetings in Oxford
- School holiday Playdays

#### Children in Touch Autism Family Support

T: 01844 338696  
E: becky@autism-fs.org.uk

Offering:

- Free Support and Information for families of children with autism in Oxfordshire
- Youth Groups
- Activity days in school holidays for young people with AS/HFA

#### Oxfordshire MIND

T: 01865 247788  
W: www.omhi.org.uk

Offering free of charge:

- Wellbeing and better mental health service
- Information
- Short Courses
- Peer Support Groups
- 1 to 1 Recovery Planning

#### The National Autistic Society

T: 0845 070 4004  
W: www.autism.org.uk

For free fact sheets and leaflets and helpline

#### My World

T: 01844 339840

Autism Specialist Support Provider for Adults (funding required)

#### Kingwood Trust

T: 0118 931 0143  
E: info@kingwood.org.uk  
W: www.kingwood.org.uk

Autism Specialist Support Provider for Adults (funding required)

## Oxfordshire Autism Alert Card

### Oxfordshire Autism Alert Card

# ATTENTION

**I have an Autism Spectrum Condition**

Please turn over for information

How to apply  
for your **free**  
alert card

# Oxfordshire Autism Alert Card Scheme

Show this Autism Alert Card if you need:

- Support from one of your contacts
- Consideration from Police Officers of your difficulties
- Help from Officials on public transport
- Help from Police Officers or other Emergency Services
- To explain the nature of autism
- To explain autistic behaviours

## I have an Autism Spectrum Condition

### This means

I have social communication difficulties  
I may be extremely anxious in some situations  
My behaviour may be confusing or appear threatening  
I will need the support of an appropriate adult/intermediary

My name is: ..... Card no. ....  
1st contact: ..... Tel: .....  
2nd contact: ..... Tel: .....

**Autism Oxford 0844 381 4484 (office hours)**  
**alertcard@autismoxford.org.uk**

The Oxfordshire Autism Alert Card gives:

- Simple, practical advice
- Cardholder's name
- Names and telephone numbers for 2 emergency contacts – these may be family members, carers or friends of the cardholder, who have agreed to be a contact on the card

Our credit card sized autism alert card should be carried at all times and be shown if you find yourself in a situation where you need help or need to give an explanation

It will also assist Thames Valley Police and other emergency services to identify that they are dealing with someone on the autism spectrum.

People in other areas have found the Alert card useful. Here are some of their comments:

*“Change of attitude by police, tone of voice and use of language changed, became less threatening to me”*

*“We use the card when we go out on trips; it has improved our confidence as parents to go out and about more frequently”*

*“If I am going to a crowded place I will take it with me”*

*“People give more time to answer and I was calmer. I move a lot and wave my hands, I talk too much and this can be a problem to people”*

*“Yes the policeman helped advise me on how to get home I think he was more helpful because I showed him my card.”*

*“It is a brilliant idea either in custody or at the roadside to help recognise autism behaviour, which could be (in other circumstances) perceived as S5 etc.”  
(A policeman)*

## Get an application form

**Online:** Complete online application form:  
[www.autismoxford.org.uk](http://www.autismoxford.org.uk)

**Email:** Request an application form:  
[alertcard@autismoxford.org.uk](mailto:alertcard@autismoxford.org.uk)

**Tel:** Request an application form:  
0844 381 4484

We will need to check that you are entitled to hold an Autism Alert Card. Ideally you will send us a letter from a suitable professional confirming your diagnosis. If you do not have a formal diagnosis and are not sure what to send, please contact us to discuss – we can help.

First Autism Alert cards are free, replacements will cost £1

Full details of the Oxfordshire Autism Alert Card Scheme and how to apply are online at:

**[www.autismoxford.org.uk](http://www.autismoxford.org.uk)**

## REMEMBER

**Carry your alert card with you at all times to help you get the right help when you need it.**