



News from NAA

Help & Hope for the Autism Community since 2003.



Smart Home Technology and Autism

By Holly Mero-Bench, Director, Vivint Gives Back

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Good parents worry about their children's safety. It's part of what makes us good parents.

For most, this centers on keeping toddlers away from medicine, sharp objects, electrical outlets and other physical dangers in the home. As children grow, parents can usually start worrying less about these things and focus on their children's social and economic welfare.

But not you.

As a parent of a child with autism, you likewise grow concerned about your child's social and economic welfare as he or she ages, but you most likely don't have the luxury of worrying any less about the physical dangers your child faces at home.

You still leap to your feet with every creak of the floor, worried that your child is wandering out the front door.


[Click to read the full blog post...](#)

Hurricane Preparation Tips

With Hurricane Dorian headed toward the Florida coast, we hope these Hurricane Preparation Tips will be helpful. Autism brings unique challenges to our families and preparation can be critical. To download/print this sheet, [visit our website](#) and click on the image. For further resources, visit fema.gov and ready.gov. Please be prepared and stay safe!

HURRICANE PREPARATION

Tips for Before, During & After



For those who may be in areas impacted by the hurricane, it's important to be prepared and safely respond. For additional information, visit ready.gov or fema.gov.

6 Hours Before

- Charge your cell phone now so you will have a full battery in case you lose power.
- If you're not in an area that is recommended for evacuation, plan to stay at home or where you are and let friends and family know where you are.
- Close storm shutters, and stay away from windows. Flying glass from broken windows could injure you.
- Turn your refrigerator or freezer to the coldest setting and open only when necessary. If you lose power, food will last longer. Keep a thermometer in the refrigerator to be able to check the food temperature when the power is restored.
- Turn on your TV/radio, or check your city/county website every 30 minutes in order to get the latest weather updates and emergency instructions.

via Ready.gov

During

- If told to evacuate, do so immediately. Do not drive around barricades.
- If sheltering during high winds, go to a FEMA safe room.

After

- Be careful during clean-up. Wear protective clothing and work with someone else.
- Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off electricity at the main breaker or fuse box to prevent electric shock.
- Avoid wading in flood water, which can contain dangerous debris. Underground or downed power lines can also electrically charge the water.
- Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.
- Document any property damage with photographs. Contact your insurance company for assistance.

via Ready.gov

Other Tips

- If you have a well, or are worried about contamination, fill tubs for toilet flushing and dishwashing.

- If sheltering during high winds, go to a FEMA safe room, ICC 500 storm shelter, or a small, interior, windowless room or hallway on the lowest floor that is not subject to flooding.
- If trapped in a building by flooding, go to the highest level of the building. Do not climb into a closed attic. You may become trapped by rising flood water.
- Listen for current emergency information and instructions.
- Use a generator or other gasoline-powered machinery outdoors ONLY and away from windows.
- Do not walk, swim, or drive through flood waters. Turn Around. Don't Drown! Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off of bridges over fast-moving water.
- Take a video of your home ahead of time and narrate for insurance purposes. Send it to somebody trusted who is not in the storm area.
- If you have two-story home, or attic, move important papers, photos and other items upstairs or a safe known place.
- If you have a one-story home and think water might be an issue, put important items on top of counters or in the attic.
- Consider moving your vehicle to higher ground if you can safely do so.
- Have backpacks ready with basics for each person. For someone with special needs, include items they may normally need, such as ear defenders, PECS cards, or weighted blankets.

via Ready.gov



Sponsor Spotlight

We'd like to thank our friends at Vivint Gives Back for their generous support of families in the autism community!

To learn more about discounted smart home technology for autism families, visit their website at: <http://vivintgivesback.org>.



NAA's programs provide direct and meaningful assistance to families affected by autism. Please consider a monthly or one-time donation. Together, we can make a difference!

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