

The ARGH autism alert card is a card designed by and for Autistic people – people who have the best experience of what they need and how they need it, made by us and for us, which makes it unique. It is already being carried by children and adults across the UK, from Southampton to Shetland; all areas of Scotland, N.Ireland, Wales, England.

The card now comes in two formats:

Identity first "I am Autistic".

Person first "I am on the Autistic Spectrum".

How to order a card

It is easiest to order a card via our website:
www.arghighland.co.uk/arghcard.html

If you are unable to order online and need to order by post:
Please make cheques payable to 'ARGH' or pay by postal order.

We prefer that you do not send coins as these can be lost in transit, if you must send coins please tape these securely to card.

Send £1 per card, with a note saying how many cards you are ordering and in which format: "I am Autistic" or "I am on the Autistic Spectrum" plus a stamped envelope with your address for return of your cards to:

ARGH
22 Wester Inshes Place,
Inverness,
IV2 5HZ

Alert Card Information



For information on Autistic collective
advocacy / autism awareness training contact

info@arghighland.co.uk

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www.arghighland.co.uk



ARGH (Autism Rights Group Highland) is an Independent Autistic People's Organisation completely run by and for Autistic people. We have produced the ARGH alert card as a communication aid, the design and wording was developed collaboratively by our members and other Autistic people. We have also discussed the design and function of the card with service providers including NHS, Police, education staff, transport providers and retail staff to ensure it meets the needs of those we may want to communicate with when using the card.

Parent:

"This is ideal; it sums up my son exactly".

Because the ARGH autism alert card is an aid to communication; it is our intention that it will be used in all parts of the community: shops, libraries, colleges, anywhere and everywhere. It is meant to be an all round communication tool; not just to be used with the police, paramedics etc, although it will be useful in those situations too. When talking is difficult, stressful, or when we need a prop, it will act as a way to communicate a need without alarming or confusing the recipient.

Autistic person:

"Even just having it in my pocket makes me feel better, more confident. Even when I don't need it, it's always there, in case"

The card has an option for an emergency contact number to be used with the consent of the card carrier, to enable appropriate support at times of difficulty.

It is designed to be mutually beneficial: to help the Autistic person and the person being presented with it, breaking down communication barriers.

Inspector Ewan Henderson, N Division - Safer Communities, Police Scotland:

"The ARGH Autism Alert card is a very useful initiative and is a simple and effective way for Autistic people to communicate and share information on their own terms. From a policing perspective, the early introduction of the card will help us improve understanding in order to offer an Autistic person a more complete service"

We know that each person is an individual: the card is limited as to what it can convey and should be seen as a signal to stop and consider, rather than as a conclusive explanation of each individual's needs.

ASC specialist:

"It's the best alert card I've seen: really clean and uncluttered – I like it."

Even if a person appears to you to be doing fine you cannot truly know how that person feels; remember an Autistic person may not be feeling or behaving in the way you would expect. It is useful to remember that autism is not something that you can "see".

Parent:

"Just thought I'd let you know I received the autism cards today. They are perfect and just what we needed. Thanks a million."

Autistic person:

"I think because they mention becoming non-verbal they will be of more use to me."

When under stress it is not uncommon for an Autistic person to have increased communication difficulties, both with being understood and understanding others. This will vary between individuals and will change depending upon the environment they are in and the amount of stress they are feeling. A person may lose all verbal communication, may appear to be unable to communicate at all or may simply stumble over words / be difficult to understand. They may appear to be understanding whilst not fully processing what is happening / being communicated to them.

Autistic Person

"I got into difficulty and I presented the card at my local police station. They were happy to help. I was relieved to have a card I could show and they took me seriously. So thanks for producing a useful card that helps to make me feel more confident".

Many difficulties derive from misunderstandings that escalate, either to the point of distress or unnecessary intervention by others, it is important to think and take a step back before jumping to conclusions.

Autistic person:

"The wording is perfect, I read it and thought, 'that's me' other cards haven't made me feel that way"