PDA & Law Enforcement
Parent Resource

If you find yourself in a situation that you need law enforcement to help with your child during a panic attack, keep these things in mind when speaking with the Dispatcher:

- Speak calmly
- Tell them you need assistance with your child who is having a **panic attack**
- Tell them you need help calming your child down
- Let them know your child is **autistic** with h**igh anxiety** and **extreme demand avoidance** and will be **resistant to requests**
- Ask officers to **approach calmly** and be **very patient** giving your child **extra time to comply**
- Alert them that **you do not want your child arrested**. You just need **assistance with de escalation**

When Officers Arrive

- Meet officers outside with a calm demeanor if it's safe to leave your child inside
- State that you want to explain the situation
- Explain that your child has a form of **autism** that makes **complying to demands extremely difficult**
- View the situation as a **panic attac**k - expect **fight/flight/freeze**
- Ask for help **calming** your child down - you **DO NOT want your child arrested**
- Ask officers to **avoid touching** your child
- Request that officers **speak calmly** and **give plenty of time for your child to respond**

Ways to Increase Positive Interaction with Law Enforcement

- Build rapport with officers in your community
- Introduce yourself and your child when out and about in your community
- Find opportunities to interact with law enforcement in everyday life so your child becomes familiar with officers - don't view them as a threat but as a community helper
- Treat an officer to lunch if you see them while dining out with your family

Ways to Decrease Law Enforcement Involvement

- Utilize support of family and friends or community resources to provide respite care
- Remove items from the home that can be used as weapons (knives, bats, sharp or heavy objects, firearms)
- If unable to remove objects, secure them out of reach of the individual with PDA

JOURNEYS with PDA

CONTACT US

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