

# “Information About My Disability” Cards

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The brochure “Information About My Disability Card” on the web—site [www.arcindiana.org](http://www.arcindiana.org)

***A simple way to provide information about your disability & contact information to 1st Responders or other community members.***

Hi, my name is Heather Telthorster. When I got my Driver’s License and my own car I was a little worried that if I got pulled over by the police they wouldn’t understand me because of my speech disability. I told my mom about my idea, she is the Executive Director of The Arc of Indiana County and we made an information card. I put it in my car, my mom’s car and I have one in my purse. If someone doesn’t understand what I say I will show them the information card.

## SAMPLE OF “INFORMATION ABOUT MY DISABILITY” CARD

### Front Side

<p style="text-align: center;"><b>“Information About My Disability “ Cards</b></p> <p>My name is _____ DOB: _____</p> <p>I have a speech disability.</p> <ul style="list-style-type: none"><li>▪ Please talk slowly in a normal voice.</li><li>▪ Sometimes it’s hard for people to understand what I say.</li><li>▪ If you don’t understand me, I can write down, my answer.</li><li>▪ I know sign language.</li></ul> <p>I also have mild cerebral palsy affecting my right side.</p> <p style="text-align: right;"><b>(continued on back)</b></p>
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### Back Side

<b>Contact Information:</b>
<b>Mother –</b> Home: Work: Cellphone:
<b>Brother –</b> Home: Work: Cellphone:

Put your information on paper or type on a computer. It is very important to include “Contact Information”, your family members, caregiver, friends, or your work.

After you are finished put it in a clear cover or laminate it.

Put the information card in your \_\_\_\_\_

- Wallet
- Purse
- Backpack
- Car

**If someone stops you just show them your “Information About My Disability” card. If they have questions they will ask you or someone on your contact information list.**