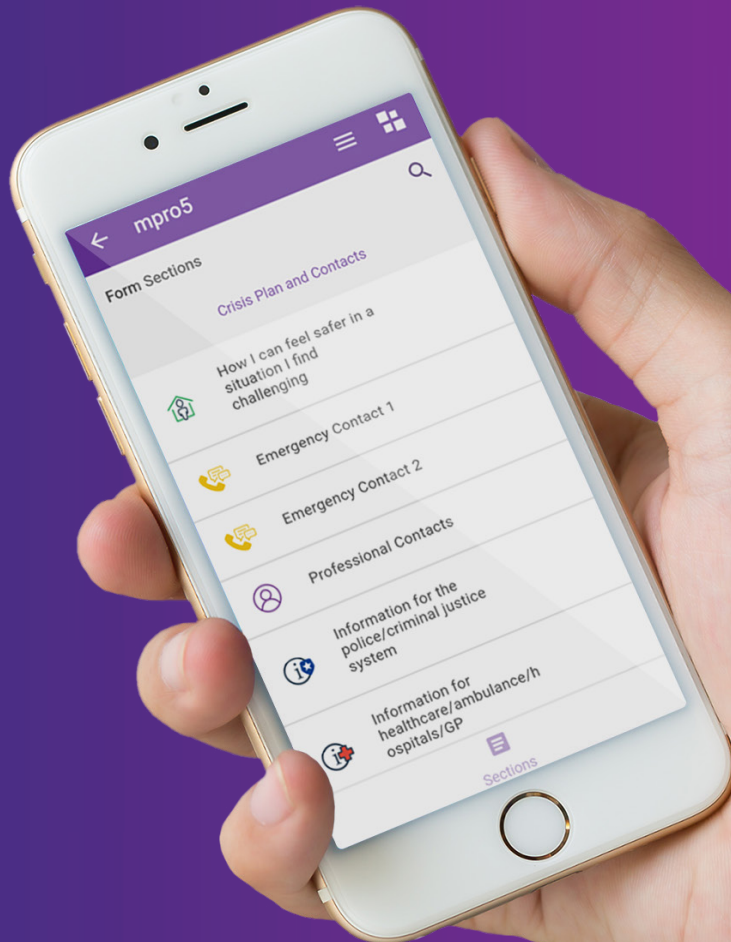




**Autism**  
Hampshire



# Autism Alert Programme - Assistant App

The Spectra5 Autism Assistant App is part of our Autism Alert Programme, which is provided in partnership with Hampshire Constabulary. The new assistive app is being launched to work alongside the alert card and car badge.

[autismhampshire.org.uk](http://autismhampshire.org.uk)



## What is it?



Autism Hampshire's Autism Alert App has been upgraded to a new improved version, which is now called the Spectra5 Autism Assistant App. The assistive app is a place to store information about yourself on a mobile device such as your smart phone or tablet so that people can understand about you if you are in a difficult situation or need some help and support.



## Who is it for?

Autism Hampshire and their technical partners Mpro5, provide the Spectra5 Autism Assistant App free of charge for adults who are on the autism spectrum who live in Hampshire.

## Why use it?



The app is designed to help you when you need support from the police or emergency services. It can help you feel safer in situations that you find challenging and enable you to communicate more effectively. Spectra5 can also be helpful in your daily life including work, education and leisure. For more ideas, watch our short animation, created by James Arrow, a talented animator who is on the autism spectrum [autismhampshire.org.uk/service-development/spectra5-app](https://autismhampshire.org.uk/service-development/spectra5-app)

## How it works



The app is set up with access to a personal web page so that you can create, change and update your own information. You can then edit your information from your smart phone or tablet. The information you can include on your app are: Crisis Plan and Contacts, Quick Profile, Autism Alert Card, My Autism, My Strategies, My Tasks and Useful Links. You can email selected bits of the information on your app as you choose.



## Get the app

Use this link for more information and to apply for your Spectra5 app.  
[autismhampshire.org.uk/service-development/spectra5-app](https://autismhampshire.org.uk/service-development/spectra5-app)

If you need a paper form or to request assistance please email: [information.advice@autismhampshire.org.uk](mailto:information.advice@autismhampshire.org.uk). You will need to provide evidence of a diagnosis or a letter from a professional to confirm that they consider that you are on the autism spectrum. You will be directed how to do this through the application form. If you already have one of our yellow Autism Alert Cards or the existing version of the app, you will not need to provide this evidence again. Within 10 working days you will receive an email which provides you with details about how to download your app and access your web page.

**For more information and to apply for the card, sticker or app contact the Autism Hampshire Information and Advice Service.**

**Tel: 023 8076 6162**

**Email: [information.advice@autismhampshire.org.uk](mailto:information.advice@autismhampshire.org.uk)**