

Hearts for Autism Walk - Saturday, February 13, 2010

Questions & Answers

Q: What is the date of Hearts for Autism Walk?

A: Saturday, February 13, 2010.

Q: What is the purpose of Hearts for Autism Walk?

A: The main purpose of the event is for UCF-CARD YOUTH PALS to raise funds and to help UCF-CARD continue to provide supports and services to the 5,000 plus individuals with autism spectrum disorders (ASD), to build awareness for ASD and most importantly, for you to have fun while meeting others in the community.

Q: Who can I contact if I have a question?

A: hearts.autism@yahoo.com

Q: What do I need to do to get involved?

A: Simply register to walk, and go out and get your pledges if you desire.

Q: How do I register?

A: Simple! Just go to the UCF-CARD PALS website at www.ucf-card.org and print a registration package or ask a YOUTH PALS representative for a registration package.

Q: What if someone wants to pay with a credit card?

A: Just have them fill out the donation coupon with all the necessary information and fax it to 407-737-2571. Maintain it with your pledge form and turn it in at the event.

Q: Are checks acceptable?

A: Yes, checks are fine and should be made payable to PALS.

Q: Are the donations people make to sponsor me tax deductible?

A: Yes, PALS is a 501C3 organization which means that any donation is deductible according to Florida law. The tax ID number of PALS is 01-0717788.

Q: Can we form a team?

A: Yes, of course you can!

Event Information

Q: What are the times for the event?

A: The event will be from 8am-12pm.

Q: What time should I be at the event?

A: You should plan on arriving at University High School no later than 8:30am.

Q: How long will the actual event last?

A: The actual event should last a maximum of 4 hours. There will be plenty of time to do whatever else you wish for the rest of the day.

Q: Can other people come to just watch the event?

A: Of course, bring your own cheering squad.

Q: Is there an age limit for participation?

A: No, anyone of any age can walk.

Q: How far will the walk be?

A: The walk will be only 1 mile, but if you would like to walk more you can.

HELPFUL HINTS

Publicize Heart Walk for Autism in your community

- There are many ways participants can help publicize Heart Walk for AUTISM in the local community. Here are some ways you can help us spread the word in your community:
- Become a neighborhood leader. Ask a UCF-CARD YOUTH PALS representative for a supply of flyers to put out in businesses in your area. Business owners are much more receptive to hanging up a flyer for a local person, especially someone who is a customer.
- Write a short article for your local paper. Local community papers welcome stories about local people.

Ask your community to support you! Local civic organizations are looking for projects to support. Ask for time at your local Rotary, Chamber of Commerce, Kiwanis Club, Lions Club or other service organizations to talk about why you are participating in **Hearts for Autism Walk** and how they can get involved.

Share the information on local community calendars. Does your community have a website with a calendar of upcoming events? Do you have a public access television station that publicizes local activities? By sending a quick e-mail with the time, date and place of the walk and UCF-CARD-PALS website address, you can help others learn about the walk and get involved. Publish it on your facebook or myspace page.

Get your local schools involved. Just like civic and service organizations, many schools have student clubs, sports teams and individual students looking for community service projects. Ask for an appointment with your Principal to start the process.

The Benefits of Spreading the Word.

- **Hearts for Autism Walk** is a community YOUTH event, so find ways to engage your community youth.
- Volunteers and participants are the heart and soul of UCF-CARD-PALS and an event like **Hearts for Autism Walk**.
- Sharing information about **Hearts for Autism Walk** helps others get involved.
- Potential donors learn about the event and may be more likely to give when asked by a friend or co-worker.
- Potential sponsors thinking about partnering with UCF-CARD-PALS are more likely to get involved when they see the support from their community.
- Publicity promotes general awareness of UCF-CARD-PALS in the community.

Facts about Autism

Did you know...

- 1 in every 91 children is diagnosed with autism
- 67 children are diagnosed per day
- A new case is diagnosed almost every 20 minutes
- More children will be diagnosed with autism this year than with AIDS, diabetes & cancer combined
- PALS and UCF-CARD (UCF-Center for Autism & Related Disabilities) support over 5,000 individuals in Brevard, Lake, Orange, Osceola, Seminole, Sumter, and Volusia counties at no charge.
- Autism is the fastest-growing serious developmental disability in the U.S.
- Autism costs the nation over \$90 billion per year, a figure expected to double in the next decade
- Autism receives less than 5% of the research funding of many less prevalent childhood diseases
- Boys are four times more likely than girls to have autism
- There is no medical detection or cure for autism
- Families that include children with autism spectrum disorders are at higher risk for divorce than families facing other disabilities
- Early intervention and intensive treatments can make a huge difference in the long-term outcome of many children with ASD
- It takes additional special training and education to be qualified to teach children with autism spectrum disorders
- Parents who can access education and support in working with their child can greatly improve their child's communication, behavior, learning and skills.
- UCF CARD supports over 5,000 individuals with ASD in Central Florida, and is recognized by the Governor and State Legislature as Florida's first choice for autism supports