DISABILITIES
WOMEN WITH
RESEARCH ON
CENTER

1-800-787-3224
1-800-799-7233
1-800-799-SAFE
9-11

Emergency & Police/Ambulance

IF YOU ARE A VICTIM OF DOMESTIC VIOLENCE

You have the right to make your own choices
You have a right to live without threats, humiliation, or isolation
You did not cause the abuse
Violence against persons with disabilities is a crime
You have a right to be safe

24-Hour Domestic Violence Hotline 1-800-799-SAFE

Examples of abuse and violence:

Violent Threats/Stalking making you feel afraid in your home or at work, threatening to harm or kill you or your children
Sexual Violence forcing unwanted sexual acts
Psychological Violence putting you out of your mind or your mobility limits
Accessibility of Victim Blaming "lying, extreme, excessive, or blaming" your disability caused it
Emotional Abuse "lying, extreme, excessive, or blaming" your disability caused it
Verbal Abuse/Calling using verbal humiliation

WHAT IS VIOLENCE?
For women with disabilities, we offer the following advice for removing violence from your lives:

- You are a woman of value and you deserve to be treated with respect, dignity, and courtesy at all times and in all situations. You do not cause the abuse. You have a right to live without threats, humiliation, and isolation. You have the right to make your own choices.
- Physical and sexual abuse are crimes punishable by law. You have the right to report criminal abuse to law enforcement authorities and receive due process of law.

SAFETY PLANNING FOR YOU

- PLAN FOR YOUR OWN SAFETY BY:
  1. Having a bag packed and hidden with money, copies of house and car keys, copies of important documents (birth certificate, Social Security card, immigration documents, identification card, driver's license), spare assistive equipment, prescriptions, medical supplies, and changes of clothing.
  2. Preparing for personal assistance from someone other than your abuser and making arrangements to stay with friends or family during a transition.
  3. Getting a post-office box in your name only and hiding the key.
  4. Opening a savings account in your name only and having benefit and other income checks deposited directly into it.
  5. Contacting a women's shelter to discuss safety planning, including your disability-related needs; contacting disability-related organizations; and, if necessary, calling 911 and/or Adult Protective Services in your state to report that your health and safety are threatened.

- When you sense you are in danger, GET OUT! Services are available to help you find shelter and deal with abusive situations and relationships. Ask your local battered women's program, independent living center, rehabilitation counselor, or social service agency about how they could help you. Make your disability-related needs known to them, and ask for accommodations that would help you gain more benefit from their services.
- Talk to other women with disabilities about abuse. They may share your experience and benefit from hearing some of the solutions you have found. **By breaking the isolation, you can break the cycle of abuse.**

Provided as an educational service from the Center for Research on Women with Disabilities, Department of Physical Medicine and Rehabilitation, Baylor College of Medicine, Houston, Texas.

You have the right to be safe! Domestic Violence is a crime and your abuser must be held responsible for the violent behavior!