

NO ONE DESERVES TO BE HURT!

Women with disabilities are more likely to be abused than women without disabilities.

Abusers may be:

- Family members
- Caregivers or personal assistants
- Group home, institutional or health care providers
- Transportation drivers

If you have been abused or are worried about being abused, talk with someone.

**KEEPING ABUSE A SECRET
DOES NOT HELP ANYONE!**

Wyoming Office of the
Attorney General

Division of Victim Services

People with

Disabilities:

It's Your Right

To Be Safe

From Abuse!

**"Speaking as One Voice
for Crime Victims"**

**Victim Helpline:
1-888-996-8816 V/TTY**

**Wyoming Office of the
Attorney General**

Division of Victim Services

**This project was supported by
Grant No. 2002-FW-BX-0016 awarded
by the Violence Against Women Office,
Office of Justice Programs, U.S.
Department of Justice.**

**Points of view in this document are
those of the author and do not
necessarily represent the official
position or policies of the
U.S. Department of Justice.**

Herschler Bldg. 1st Floor West

122 W. 25th Street

Cheyenne, WY 82002

Victim Helpline

TTY 1-888-996-8816

Phone: 307-777-7200

Fax: 307-777-6683

Web Site:

**<http://victimservices.wyoming.gov>
VINE 1-866-WY-4-VINE**

In the last year, has anyone you know:

- Made you feel unsafe?
- Yelled at you over and over again or hurt your feelings?
- Refused or neglected to help with an important personal need such as using the bathroom, eating, or drinking?
- Damaged or kept you from using a phone, wheelchair, cane, walker, or other assistive device?
- Refused to give you your medication, kept you from taking it, or given you too much or too little?
- Stolen money, valuables, equipment, or medication, forged checks, or used your credit card or information without your permission?
- Threatened or actually hit, slapped, kicked, pushed, shoved, handled you roughly, restrained, or otherwise physically hurt you?
- Touched you in a sexual way you did not want, or forced you to have sexual activities?

If you have answered "yes" to any of these questions, you may have been abused.

It is not your fault!

BE AWARE...

People with disabilities who have been abused need to know that some things may make their situation more dangerous.

If the person who is hurting you:

- ◆ Is someone you depend on for care
- ◆ Is drunk often or uses drugs
- ◆ Threatens to hurt or actually hurts your pets or children
- ◆ Hurts you more often or severely
- ◆ Keeps you from getting services or health care
- ◆ Controls most of your daily activities
- ◆ Threatens to kill themselves or others
- ◆ Can get a gun

Or if you:

- ◆ Don't have a back-up caregiver
- ◆ Have difficulty getting out of the house
- ◆ Are unable to call for help
- ◆ Have a health problem that can become serious if neglected, such as diabetes, skin sores, or epilepsy

These situations are important.
You have choices.

WHAT CAN YOU DO?

Think about ways to protect yourself:

- Stay close to the phone. Keep a cordless phone or a cell phone with you. Turn the ringer off so your abuser doesn't know you have it. Call 911.
- Keep mobility aids accessible.
- Move away from rooms with possible weapons.
- Stay close to an exit - get out if you can.

If you are thinking about leaving your abuser, plan ahead:

- Call the number on the back of this brochure to ask for help finding an accessible shelter. Ask the people at the shelter for help with safety planning.
- Get together money, extra keys, medications, spare medical supplies and adaptive equipment for yourself and your children. Leave these with a friend.
- Make plans for your personal care or support needs with someone other than the abuser. Think of friends or past assistants who would help you out.
- Make arrangements with a friend or neighbor to give a signal if you are in trouble (like hang a scarf in the window).

***YOU DO NOT DESERVE
TO BE HURT!***