WHO TO CALL

EMERGENCY	[24 HOURS]	VOIC	VOICE OR TTY	
DISABILITY HELP LINE			503-988- 503-988-	
PORTLAND W	OMEN'S CRISIS LINE	TTY	503-235- 503-419-	
EMERGENC	Y TRI-MET LIFT	TTY	503-802- 503-802-	
	Radio Cab	TTY	503-227- 800-735-	
NON-EMERGENCY MULTNON	POLICE MAH COUNTY ONLY	TTY	503-823- 503-760-	
DOMESTIC VIOLEN	NCE SHELTERS VEST WOMEN'S		503-224-	-7718
	APHAEL HOUSE		503-222-	-6222
CREGON ADVO	DCACY CENTER	TTY	800-452- 800-556-	
RESOURCES				
ARC OF MULTN	TTY	503-223- 800-735-		
INDEPENDENT I	LIVING CENTER	TTY	503-232- 503-232-	
OREGON SAFENET [24 HOURS]			800-723- 800-735-	
NATIONAL DOME HOT	STIC VIOLENCE LINE [24 HOURS]	TTY	800-799- 800-787-	
	XUAL ASSAULT NE [24 HOURS]		800-656-	-4673

FACTS

- ✓ No one deserves to be hurt.
- ✓ Women with disabilities are more likely to be abused than women without disabilities.
- ✓ Abusers may be:

Family members / loved ones Caregivers or personal assistants (who

may be a family member or loved one) Group home, institutional or health care

providers

Transportation drivers

- ✓ Every person has a right to choices.
- ✓ Very little is known about abuse and men with disabilities, but we believe it is a problem.

If you have been abused or are worried about being abused, talk with someone. Keeping abuse a secret does not help anyone.

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This brochure is available in alternative formats, upon request

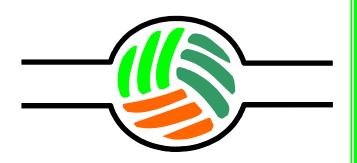
People with

disabilities:

It's your right

to be safe

from abuse



NO ONE DESERVES TO BE HURT

In the last year, has anyone you know:

_	Made	you	teel	unsate	?
_					

- ☐ 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 / debit 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 have been abused. It is wrong and may be against the law.

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 personal assistant
- ♦ 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 your safety:

- ◆ 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 your 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 one of the numbers 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 could 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