

## WHO TO CALL

<b>EMERGENCY</b>	<b>[24 HOURS]</b>	<b>VOICE OR TTY</b>	<b>911</b>
DISABILITY HELP LINE		503-988-3646	TTY 503-988-3683
PORTLAND WOMEN'S CRISIS LINE		503-235-5333	TTY 503-419-4357
EMERGENCY TRI-MET LIFT		503-802-8000	TTY 503-802-8058
RADIO CAB		503-227-1212	TTY 800-735-2900
<b>NON-EMERGENCY</b>	<b>[24 HOURS]</b>		
POLICE		503-823-3333	
MULTNOMAH COUNTY ONLY		TTY 503-760-2212	
<b>DOMESTIC VIOLENCE SHELTERS</b>			
WEST WOMEN'S		503-224-7718	
RAPHAEL HOUSE		503-222-6222	
<b>LEGAL</b>			
OREGON ADVOCACY CENTER		800-452-1694	TTY 800-556-5351
<b>RESOURCES</b>			
ARC OF MULTNOMAH		503-223-7279	TTY 800-735-1232
INDEPENDENT LIVING CENTER		503-232-7411	TTY 503-232-8408
OREGON SAFENET [24 HOURS]		800-723-3638	TTY 800-735-2900
NATIONAL DOMESTIC VIOLENCE HOTLINE [24 HOURS]		800-799-7233	TTY 800-787-3224
NATIONAL SEXUAL ASSAULT HOTLINE [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.***

This pamphlet was produced by the Center on Self-Determination and the School of Nursing at Oregon Health & Science University, in collaboration with criminal justice, domestic violence and disability organizations. It is supported, in part, by grants from the U.S. Department of Justice, National Institute on Disability and Rehabilitation Research, and the Administration on Developmental Disabilities

**OHSU CENTER ON SELF-DETERMINATION**  
3608 SE POWELL BLVD.  
PORTLAND, OR 97202  
CONTACT: MARY OSCHWALD  
PHONE: 503-232-9154 EXT. 126  
FAX: 503-232-6423  
E-MAIL: OSCHWALD@OHSU.EDU  
[www.selfdeterminationohsu.org](http://www.selfdeterminationohsu.org)

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 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 / 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 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 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