

Call the National Domestic Violence Hotline at 1-800-799-7233 or TTY 1-800-787-3224 for help planning for your safety and to get information about other services in your area.

Advocates who are Deaf are available Monday to Friday, 9 a.m. to 5 p.m. (PST) by videophone (69.17.111.201), instant messenger (ADWASHotline) or email (ADWAS@ndvh.org).

In Texas, call Adult Protective Services (APS) at 1-800-252-5400 to report suspected abuse, neglect and exploitation of people with disabilities and adults age 65 and over.

## What is Domestic Family or Caregiver Violence?

Domestic, family, or caregiver violence happens when someone hurts, causes fear or stops another person from doing what they want to do or forces them to do things they don't want to do. This abuse often happens where a person lives or works. The abuser can be a partner, spouse, family member, roommate or care provider.

This brochure is provided by  
"Allies to Survivors with Disabilities."

A Project of:  
**Texas Council on Family Violence**  
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(512) 794-1133  
www.tcfv.org

No one deserves to be hit, threatened or abused in any way. If you are being hurt by someone, make plans and take precautions to keep yourself, your children and pets safe.

## About the Allies to Survivors with Disabilities:

To join Allies to Survivors with Disabilities, email [asd@tcfv.org](mailto:asd@tcfv.org) or visit [www.tcfv.org/asd](http://www.tcfv.org/asd).

### Mission

To improve access, availability and quality of domestic violence services for survivors with disabilities. To raise awareness in the domestic violence community of services needed by survivors with disabilities, and in the disability community of services available to survivors with disabilities.

### Purpose

The Allies to Survivors with Disabilities' (ASD) purpose is to:

- Promote access to family violence services for survivors with disabilities;
- Work with family violence programs to encourage availability of quality services for survivors with disabilities;
- Advocate for increased high quality services for people with disabilities;
- Support research regarding survivors with disabilities;
- Coordinate services between family violence programs and other non-domestic violence service providers accessed by survivors with disabilities; and
- Increase awareness of services and supports available to survivors with disabilities.



Some of the information in this brochure was taken from fact sheets created by the Disability Services ASAP (A Safety Awareness Program) of SafePlace, Austin, Texas.



## How are your relationships?

Does your partner, family member or care provider:

- Look at you or act in ways that scare you?
- Take your Social Security check or not give you your money?
- Make all of the decisions?
- Control what you do and who you see, or stop you from seeing your friends or family members?
- Take away, hide or misplace any of your adaptive equipment or medications?
- Destroy, take or use your things when you don't want them to?
- Threaten to hurt your pets or service animal?
- Threaten to leave you alone or put you in a nursing home or institution?
- Act like the abuse is no big deal or tell you the abuse is your fault?
- Minimize the effects of living with a disability, such as calling you lazy?
- Make you have sex or do sexual things you don't want to do?

If you answered “yes” to even one of these questions, you may be in an abusive relationship.

## Get Help:

For support and more information about where you can get help, please call the National Domestic Violence Hotline at 1-800-799-7233 or TTY at 1-800-787-3224.

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## What Can You Do?

Many people in your community have experienced abuse. If you are being abused, you are not alone. Most people need help to get out of an abusive relationship. Here are some ways you can ask for help:

- Talk to someone you trust and tell them what is happening.
- If the first person you tell does not believe you, keep telling until you find someone who will help you.

**If you are in immediate danger and can get to a phone, call 911.**

## When you are experiencing abuse:

- If it is safe for you, it's OK to tell the abuser NO or STOP!
- If possible, leave your house as soon as it is safe to do so.
- Tell someone you trust (neighbor, friend, police, etc.) what has happened to you.

**The abuse is not your fault!  
It is not OK for anyone  
to abuse you.  
You can ask for help to make the abuse stop.**

## Here are some suggestions that have helped other people who are being abused:

- If there is an argument, try to be in a place near an exit.
- Get out of a bathroom, kitchen or any room that may contain weapons.
- Practice getting out of your home safely. Know which doors, elevator, or windows you can use.
- Know where you can go if you ever have to leave your home.
- Ask your neighbors to call the police if they hear a disturbance in your home.
- If you have pets, find someone who can take care of them if you have to leave.
- Leave copies of important papers and documents in a safe place or with someone you trust.
- Tell your boss, doctor, or counselor about your situation and give them a picture of your abuser.
- Have someone walk with you to and from your car, bus, taxi or paratransit service.