

Discrimination based on disability is against the law.
You have the right to the same services and help
as persons without disabilities.

**Duluth area Victim Service Agencies and Disability
Advocacy agencies are working together to make sure
you can access the services you want and need.**

This information has been created through a collaborative effort in
Duluth MN with assistance and support from SafePlace in Austin,
TX.



**MN DISABILITY
LAW CENTER**



This pamphlet and all other materials are available in
alternative formats to people with disabilities by contacting
DAIP at (218) 722-2781.

You can also find this pamphlet electronically at
www.accessnorth.net

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If you are a person with a disability
and you have experienced abuse...

**YOU are NOT ALONE
and
YOU have the RIGHT
to get HELP!**



It's never too late to tell someone.

It's never too late to get help or support.

You have the right to...

- ◆ Feel safe in your home.
- ◆ Have your needs be as important as the needs of others.
- ◆ Choose your friends and who you spend your time with.
- ◆ Have healthy and respectful relationships.
- ◆ Be heard and believed.
- ◆ Feel and express anger in a way that is not violent.
- ◆ Have control over your medications, adaptive equipment, and your own things.
- ◆ Make choices and decisions.
- ◆ Take risks, make mistakes and learn from them.
- ◆ Report abuse and get the help you want and need.

for help?

Access North Center for Independent Living Advocacy, support, and independent living skills services to people with disabilities.

(888) 625-1401

Minnesota Disability Law Center

Advocacy and legal assistance for disability related issues.

(218) 722-5625

Domestic Abuse Intervention Programs

Support groups for victims of domestic violence and non-violence classes for abusers.

(218) 722-2781

If you want to learn about healthy relationships, how to stand up for yourself, or to create a safety plan to help with abuse; individual services and classes are available through Access North Center for Independent Living.

Contact Erin at (218)625-1400.



What is abuse?

Abuse can be:

- X sexual**
- X physical**
- X verbal**
- X emotional**
- X financial**

An abuser can be:

- X a date**
- X friend**
- X partner**
- X family member**
- X caregiver**
- X stranger**

**You have the right to safety!
No one has the right to abuse
you in any way.
It is OK to ask for help.**

What can you do?

**Contact 911 if you are in danger
or if you want to report a crime.**

Tell a trusted friend or advocate in a safe place,
away from the abuser.

If the first person doesn't believe you, keep telling until
you find someone who does believe you.

Use caution if you are using a phone or computer when
making plans to leave, as your abuser may find out.

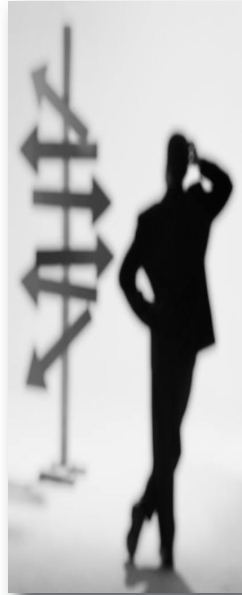
Whenever possible, be involved with people and
activities outside your home.

Create a safety plan with a trusted friend or advocate.

- ◆ Set aside money, prescriptions, adaptive
equipment and important papers in a safe
location.
- ◆ Plan ahead where you can go if you have to
leave your home.
- ◆ Practice leaving your home safely.

Who can you call

For those with hearing loss,
please call us through
your preferred relay service.



24-hour crisis lines:

Program for Aid to Victims of Sexual Assault

Provides services for victims of
sexual assault.

(866) 229-7425

Safe Haven Shelter

Provides services and shelter for victims of
domestic violence and their children.

(877) 880-3094



Advocates who work with survivors of abuse and
people with disabilities are working together to
serve you.

**Sometimes caregivers and partners
can be abusive. They may ...**

- ◆ Look at you or act in ways that scare you.
- ◆ Dismiss your needs.
- ◆ Control what you do and who you see.
- ◆ Act like the abuse is no big deal or tell you the abuse is your fault.
- ◆ 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.
- ◆ Take your Social Security check or not give you your money.
- ◆ Make you have sex or do sexual things you don't want to do.
- ◆ Threaten to leave you alone or put you in a nursing home or institution.

*If any of these statements are true for you, you
may have an abusive caregiver or partner.*