

*I am a WOMAN who has  
DISABILITIES*

*I am both  
Strong and weak,*

*I can make  
decisions for myself,  
Be intimate,  
And  
Have a family*

*I have dreams,  
I do not suffer  
And  
I am credible*

*ABUSE should not be the  
Price I have to pay for  
CARE or LOVE*

We believe all people have a right to  
a life free of physical violence,  
sexual assault, verbal/emotional  
abuse, and restriction of personal  
liberties.

We believe that violence is a  
societal problem, a learned  
behavior, and with intervention and  
education, the cycle of violence can  
be broken.

We believe in the worth, dignity,  
and uniqueness of the individual,  
and we support these values through  
education, personal growth, self-  
reliance, and self-determination.

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*This pamphlet is sponsored in part by  
the Office of the Attorney General:  
Division of Victim Services.*

*CIS is available to all people without  
regard to race, color, sex, national  
origin, religion, political beliefs, sexual  
orientation, ability or disability.*

*The information contained within this  
brochure is provided by CIS for  
educational and informational purposes  
only. It is not a substitute for  
professional legal advice. If you have  
legal questions, please consult an  
attorney.*



**Crisis  
Intervention  
Services**

## **Disabilities & Abuse**

**Toll Free 24-Hour Crisis Line**  
**1-877-864-9688**

Cody Office  
1220 13th St.  
Cody, WY  
307-272-4754

Powell Office\*  
335 N. Gilbert Street  
Powell, WY  
307-754-7959  
Fax: 307-754-4448

\*Powell office is ADA accessible



## **Ways that “care” can be abuse:**

1. Putting you down by calling you names, insulting you or making fun of your disability.
2. Keeping you from your friends and family and/or convincing your family that you are to blame for family problems.
3. Keeping information from you that would help you to live independently, and/or receive employment opportunities.
4. Threatening to take your children away or to report you as an unfit parent.
5. Making decisions for you and saying that you are not capable of making decisions on your own.
6. Denying you access to money or not allowing you to know how the money is managed.
7. Threatening and/or telling others you have a behavior problem, are crazy, or need to be put in an institution.
8. Blaming your disability or caregiving accidents for injuries caused by physical abuse.
9. Blaming you for the abuse and saying that no one will believe you because you have a disability.
10. Slapping, pushing, strangling, pulling your hair, holding you down, threatening you with

weapons or using weapons to hurt you.

11. Threatening to put you in a care facility if you try to leave.
12. Reminding you, through words or a look that harm may come if you don't obey.
13. Threatening to hurt your pets or service animal.

## **Some women become disabled because of the abuse:**

Physical abuse can result in disabilities including spinal cord injuries, cognitive disabilities, sensory impairments, head injuries, etc. The traumatic experience of being victimized by a pattern of emotional and physical control can contribute to forms of mental illness.

## **If you have someone in your life providing care for you, your relationship with your caregiver is harmful if that person:**

- Provides care in a rough, hurtful, manner.
- Blames you for making them feel stressed, overworked and/or angry.
- Denies you food, personal hygiene care, medicine or medical care or threatens to withhold care completely.
- Speaks for you when talking with other people and denies you

opportunities to increase your independence.

- Denies you access to friends, other caregivers and spiritual leaders of your choice.
- Threatens to place or places you in a facility against your will.
- Steals from you
- Controls you with threats of physical harm, actually hurts you or threatens to not let you do what you need or want to do.

## **What Can I do?**

### **If someone is hurting you,**

- It is not your fault
- You are not alone

### **Talk to someone you trust**

- A friend
- A caring health care worker
- A family member
- Someone from a domestic violence program
- Someone from the disability community

### **Talk to someone who will**

- Listen to you
- Believe you
- Not blame you
- Not discriminate against you
- Allow you your own decisions