

Women with Disability and Domestic and Family Violence



My Safety Checklist

- My choice to see family and friends, or attend social activities, is respected.
- I feel safe to let my partner, family, friends, support worker know if I don't feel comfortable with something or if I want to leave.
- I am able to express my needs or there is someone who knows me well enough to support me to do this.
- I receive medical attention when I need it, and have a say about my healthcare treatment.
- My personal care needs (showering, personal hygiene etc) are taken care of daily.
- My family, friend, partner or support worker only spend my money with my permission/consent.
- I am treated respectfully by my family, friends, partner and support workers.
- I have the freedom to make mistakes without punishment.
- I feel safe in my home.
- I have the freedom to live my life without my family, friends, partner or support worker unnecessarily monitoring me or knowing where I am all the time.
- My family, friends, partner or support worker have never threatened to hurt, or deliberately hurt, me, someone I care about, or my pet.
- My family, friends, partner or support worker have never deliberately damaged or broken my belongings.
- My choice to have sex, or not, is respected.

**Think about your responses.
If you have any concerns this resource
can help you find support.**

Domestic and Family Violence experienced by women with disability

Women with disability are at higher risk of domestic and family violence than women without disability, and can experience forms of domestic and family violence which are not experienced by women without disability.

What domestic and family violence might look like for people with disability

- Domestic and family violence is not just hitting, pushing, or physically hurting someone. It can take many forms.
- It can happen anywhere, such as in your house, at a care home, at your work, when you're on a date, when you are with your friends, and in public.
- Domestic and family violence perpetrators can include your current or your ex intimate partner, boyfriend, girlfriend, husband, wife, family members including children and grandchildren, paid and unpaid support workers, staff and other residents in supported living or group homes, and other disability support workers.

Here are some examples of what domestic and family violence might look like for a person with disability.

Physical abuse

- Hitting, slapping, punching, choking, kicking, pushing you
- Giving you medicine to make you do what they want or keep you sleepy
- Not giving you your medication
- Not giving you food or water
- Tying you up
- Taking control or damaging your disability equipment, such as a wheelchair or hearing aid



Emotional abuse

- Threatening you, your children, pet or other people you care about
- Threatening to hurt you or do bad things to you, for example having you institutionalised
- Insulting you or calling you names or saying things like, 'No one will believe you because you're disabled'
- Refusing to help you with daily tasks such as eating, going to the toilet, giving you medicine, or showering
- Not changing your pads or other sanitary items, not checking if you need to go to the toilet
- Sharing incorrect information with you, or withholding relevant information from you
- Intentionally creating barriers for you or causing you to hurt yourself or distress you, such as moving furniture around and not telling you, or causing you sensory distress



Sexual abuse

- Forcing you to have sex or make you do sexual things that you don't want to, even if you are married to or in a relationship with the person
- Refusing to help or support you until you agree to have sex with them
- Taking nude photos of you without your permission
- Sharing nude photos of you without your consent
- Touching you inappropriately without your consent when the person is supporting you to get dressed, showering, toileting etc



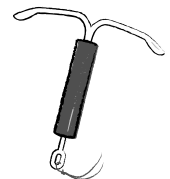
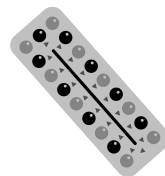
Social abuse

- Keeping you isolated from your family, friends and support services
- Leaving you at home because it takes too long to help you get out of the house
- Stopping you from practising your religion



Reproductive abuse

- Forced sterilisation – this is when a medical procedure is done to you without your consent, so that you will not be able to have children
- Limiting access to contraceptives and emergency contraceptives
- Not informing you of your options, or making sure you understand your options about contraception and your reproductive choices
- Forcing you to have an abortion, or forcing you to become pregnant, or forcing you to stay pregnant without your consent



Financial abuse

- Keeping and controlling your money (other than money which may be managed by the NSW Trustee and Guardian) or not allowing you to buy things you need
- Not paying your bills, such as rent, food or medicine
- Making you sign contracts that you don't really understand
- Using your credit card or pin number without your consent



Technology-facilitated abuse

- Making lots of unwanted calls to you, or sending lots of unwanted text messages to you
- Sending you abusive text messages
- Hacking into your email or social media account
- Spying on you by using hidden cameras, or tracking devices
- Sharing, or threatening to share, naked or sexual photos or video of you without your consent



The above information is adapted from the
Department of Communities and Justice NSW

www.dcj.nsw.gov.au/children-and-families/family-domestic-and-sexual-violence/my-situation-is---/i-m-a-person-with-disability-and-experiencing-domestic-violence.html

How you can support someone experiencing domestic and family violence



**If the person is in immediate danger
call the Police on 000**

- It is OK to say something to someone you know is, or you suspect is, experiencing domestic or family violence. It's important to do that confidentially, and in a place where it is safe for that person.
- It's important to let them know that you believe them and that you take their fears seriously. Don't make excuses for the perpetrator's behaviour.
- You can let them know that domestic and family violence is not just physical — it can also be emotional, financial, spiritual, social, legal, reproductive, and can include stalking and neglect.
- Listen to them and don't interrupt them.
- Don't judge them.
- Don't tell them what they should do or what you think is best for them to do – they need to make decisions for themselves.
- You can let them know you are there to support them and offer help.

- You can help them to explore their options, such as letting them know where to go for support, or calling 1800RESPECT on 1800 737 732 or through online chat. You can let them know that you can call for them if they aren't ready to talk to anyone yet.
- Offer things you can help with that might be practical, for example can you help with transport, child minding, or you may have somewhere safe they can stay for a while.
- You can help them to make a list of their specialist equipment, if they need a translator, if they need a support worker with them, what vehicle they will need to transport them to a refuge, the police station, or court. You can call a service for them if they give you permission to call on their behalf, to make sure the service is accessible and will provide the support needed.
- Some people may need the help of an advocacy service. Contact 1800RESPECT or other DFV support services. You can call Disability Advocacy in Newcastle on 1300 365 085 or 4927 0111.

**You can find other local support services on the
Newcastle Domestic Violence Committee website:
www.newcastledvc.au**



**If you, or someone you know,
is experiencing any of these behaviours
help is available.**



**If you are in immediate danger
call the Police on 000
or call 106 to make a text emergency call**

1800RESPECT

Call 1800 737 732

You can also ask someone you trust to call 1800RESPECT for you

If you need a relay service (NRS)

Call 1800 555 677 or TTY 133 677

Then ask for 1800 737 732

If you need a translator (TIS)

Call 131 450

Then ask for 1800 737 732

24hr Domestic Violence Line

Call 1800 656 463

If you need a relay service (NRS)

Call 1800 555 677 or TTY 133 677

Then ask for 1800 656 463

If you need a translator (TIS)

Call 131 450

Then ask for 1800 656 463

If you need help to find accommodation

Link2home Call 1800 152 152

If you need a relay service (NRS)

Call 1800 555 677

or TTY 133 677

Then ask for 1800 152 152

If you need a translator (TIS)

Call 131 450

Then ask for 1800 152 152

Domestic and Family Violence Services in Newcastle and Lake Macquarie

Jenny's Place Domestic Violence Resource Centre

Monday to Friday, 9am to 4:30pm

Call 4927 8529

NOVA for Women and Children

Monday to Friday, 9am to 4:30pm

Call 1800 769 654

Warlga Ngurra Women's and Children's Refuge

Monday to Friday, 9am to 5pm

Call 4950 1566

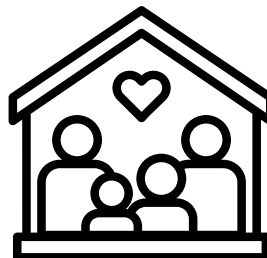
Newcastle Women's Domestic Violence Court Advocacy Service

Monday to Friday, 8:30am to 5pm

Call 4940 8766

Staying Home Leaving Violence

- Family Support Newcastle
Call 4926 3577
- Eastlakes Family Support
Call 4943 9255



Disability Support Services

Shibui Services

Call: 1800 732 248

Email: hello@shibuiservices.org.au

Website: <https://shibuiservices.org.au/>

Shibui provide a number of programs including Healthy Relationships Programs aimed at educating and supporting Persons with a Disability to recognise Abuse. The Programs focus on developing an understanding of Healthy & Unhealthy Relationships and skills to develop and maintain Healthy & Safe relationships.

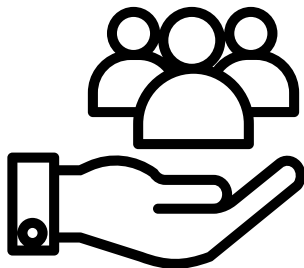
Community Disability Alliance Hunter

Call: 0490 053 454

Email: info@cdah.org.au

Website: www.cdah.org.au

Community Disability Alliance Hunter (CDAH) is a peer support organisation, run for and by people with disability with the support of their allies and families.



NOTES



Contact Numbers



You can contact these numbers 24 hours a day, 7 days a week.

If you are in immediate danger
call the Police on 000
or call 106 to make a text emergency call

1800RESPECT

Call 1800 737 732

Domestic Violence Line

Call 1800 656 463

Link2home (for accommodation)

Call 1800 152 152



Use this QR code to access a digital version,
and a text only version of this resource.

*This resource was produced by
the Newcastle Domestic Violence Committee in partnership with
the Community Disability Alliance Hunter and Shibui Services.*



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www.newcastledvc.au