Does your partner or caregiver:

- Threaten to leave you or stop giving you care?
- Threaten to put you in a nursing home?
- Leave you unattended?
- Keep you away from friends and family?
- Yell, scream or say insulting things about you and/or your disability?
- Shove, slap, punch, bite, strangle or restrain you?
- Threaten to injure or kill your service animal or pets?

Does your partner or caregiver deny YOU access to:

- Mobility devices — wheelchair, cane, walker, leg brace, etc.?
- Communication devices — video, computer, phone, etc.?
- Medications?
- Personal care assistance — food, bathing, grooming and dressing?
- Transportation to receive medical care?
- Help get to a safe place away from the violence?

What stops you from seeking help?

- Not able to access services without assistance from your partner or caregiver?
- Fear that speaking up will damage or end your relationship?
- Not feeling confident doing things without help from your partner or caregiver?

If you think you have been abused, or are just not sure, call and talk it over with someone who understands the needs of people with disabilities. The services offered help you develop a safety plan.

Westchester County Office for People with Disabilities
(914) 995-2957
Monday - Friday • 9 a.m. to 5 p.m.
westchestergov.com/disabled

Westchester County Office for Women
(914) 995-5972 / Spanish (914) 995-6581
Monday - Friday • 9 a.m. to 5 p.m.
westchestergov.com/women

Westchester Independent Living Center
(914) 652-3926
Monday - Friday • 9 a.m. to 5 p.m.
wilc.org

Westchester Disabled On the Move
(914) 968-4717
Monday - Friday • 9 a.m. to 5 p.m.
wdom.org

Your call is CONFIDENTIAL