ACT's mission is to protect, support and educate victims of domestic violence and their children and survivors of sexual assault and human
trafficking in Lee, Hendry and Glades Counties. ACT strives to educate students, health care professionals and the general public about domestic violence, sexual abuse and human trafficking.

- The goal of this brochure is to promote access to domestic and sexual violence services for victims with disabilities.
- Educate the community on services provided by ACT for persons with disabilities.
- Advocate for increased high quality services for people with disabilities we serve.
- Work with programs within our community to encourage availability of services.
- Coordinate services for individuals with disabilities and other agencies.
- Increase awareness of services offered by ACT for people with disabilities.
- No one deserves to be abused.
- We are here to help.
- Please call us and let us help you prepare a safety plan and give you information.

Call the Abuse Counseling and Treatment, Inc. at **239-939-3112 V/TTY**, Florida Coalition Against Domestic Violence at **1-800-500-1119 V/TTY** or the National Domestic Violence Hotline at **1-800-799-7233** or **TTY at 1-800-787-3224** for help planning for your safety and to get information about other services in our area.

ACT Advocates can arrange for deaf or hearing impaired services, shelter and more. They are available 24-hours per day, 7-days per week.

Email ACT at act@actabuse.com and one of our advocates can, also, assist you.

In Florida, call **Florida Abuse Hotline** at **1-800-96-abuse (1-800-962-2873).** and Glades Counties.

NO ONE DESERVES TO BE ABUSED.
All services are offered free of charge.

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 offered to help you know what to do and what services are available for you.

ABUSE COUNSELING & TREATMENT

Domestic Violence & People with Disabilities

Abuse Counseling and Treatment, Inc.

P. O. Box 60401
Fort Myers, Florida 33906

24-Hour Hotline/TDD 239-939-3112
Toll Free Hotline 1-800-500-1119
Administration 239-939-2553
Facsimile 239-939-4741
Email act@actabuse.com
Website www.actabuse.com
Florida Hotline 1-800-500-1119
National Hotline 1-800-799-SAFE

How are your relationships?

Does your partner, family member of 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 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.

ACT is here to help you 24-hours per day.

Abuse Counseling and Treatment, Inc. will not discriminate against any individual because of race, color or creed, religion, ancestry, national origin, sex, sexual orientation, gender identity, affectional preference, disability, age (40-over), pregnancy, marital status, military status, disability, genetic Information or status with regard to public assistance.

The Center will provide accommodations, including American Sign Language interpreters, assistive listening devices, alternative formats of printed materials and real-time captioning upon request for persons who are deaf, hard of hearing or are living with disabilities. To ensure accommodations, please make your request at least 7 days prior to the event.

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.

When you are experiencing abuse:

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

- 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, family member)

Your ADA Coordinator and Single Point of Contact is Jennifer L. Benton at 239-939-2553

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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 room that may contain weapons.
- Practice getting out of your home safely. Know which doors, elevators, and windows you can use.
- Know where you can go if you ever have to leave your home.
- Ask your neighbor 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 an appointment from your car, bus, taxi or
- paratransit service.