

# EMPOWERING ADVOCATES

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Resources for Understanding & Addressing  
Abuse Against Individuals with Disabilities

SELECT A CATEGORY

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BOOKS

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TOOLKIT

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PRESENTATIONS

EDUCATION  
& TRAINING

GOVERNMENT

## HOW TO USE THIS RESOURCE SHEET

This compilation of Resources is designed to equip self-advocates and family advocates with valuable insights into disability and sexual abuse. Each entry includes the name of the Publication or Organization, the Author or a Contact, a Helpful Link, and a brief About Summary. For publications, we offer Amazon links for convenient access, but you're welcome to purchase from your preferred store.



## ARTICLES

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### Abused and Betrayed

NPR | Joe Shapiro | January 8, 2018

[#MediaCoverage](#) [#InvestigativeReporting](#)

#### About

Investigative reporting highlighting the vulnerability of individuals with intellectual disabilities to sexual harassment and assault.

#### Helpful Link | Abused and Betrayed Series

<https://www.npr.org/series/575502633/abused-and-betrayed>



## BOOKS

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### Combating Violence & Abuse of People with Disabilities: A Call to Action

by Nancy Fitzsimons, N. M., PhD, MSW, LISW | 2009

[#AddressAbuse](#) [#LearnMore](#) [#Advocate](#) [#ActNow](#)

#### About

Empowering professionals, families, and self-advocates to prevent and address violence and abuse against people with disabilities.

#### Helpful Link | Amazon Link

<https://www.amazon.com/Combating-Violence-Abuse-People-Disabilities/dp%20/1598570013>



## DIAGRAMS

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### Power and Control Wheel: Abuse of People with Developmental Disabilities

Adaptations created by Sherry Boroto LMSW, From LACASA, MI and

Katherine McLaughlin, Elevatus Training

[#LearnMore](#) [#CaregiverEducation](#)

#### About

Illustrates how caregivers may exert power and control over individuals with developmental disabilities.

#### Helpful Links | Power and Control Wheel

<https://drive.google.com/file/d/1-LITFviLQ-PJrgyF2LU2HAOzFroPwV2O/view>

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## DIAGRAMS (continued...)

Helpful Links | Equality with Inter-Dependence Wheel  
<https://drive.google.com/file/d/1-LITFviLQ-PJrgyF2LU2HAOzFroPwV2O/view>



## TOOLKIT

### Starting a Conversation: A Toolkit for Self-Advocates to Talk About Sexual Violence in their Community

Self Advocacy Resource & Technical Assistance Center (SARTAC) | February 2022  
[#LearnMore](#) [#TakeAction](#) [#SelfAdvocates](#)

#### About

Provides resources for self-advocates to discuss sexual violence and take action.

#### Helpful Link | Toolkit Link

<https://thearc.org/resource/starting-the-conversation-sartac/>



## PRESENTATIONS

### Understanding the “Vulnerability” of People with Intellectual and Developmental Disabilities to Sexual Violence from a New Lens

Arc Minnesota | Dr. Nancy Fitzsimons, N. M., PhD, MSW, LISW  
[#LearnMore](#) [#Education](#) [#Video](#)

#### About

Educational presentation addressing the increased vulnerability of individuals with intellectual and developmental disabilities to sexual violence.

#### Helpful Link | Presentation Link

<https://arcminnesota.org/resource/understanding-the-vulnerability-of-people-with-intellectual-and-developmental-disabilities-to-sexual-violence-from-a-new-lens/>

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## ORGANIZATIONS

### 1 Activating Change: End Abuse of People with Disabilities #IDD #DeafCommunity #EndAbuse

#### About

Advocacy organization working to end abuse of individuals with disabilities.

#### Helpful Link | Activating Change

<https://www.endabusepwd.org/>

### 2 The Arc: Talk About Sexual Violence

National Organization

#SexualViolence

#### About

Advocates for individuals with intellectual and developmental disabilities and provides support for survivors of sexual violence.

#### Helpful Link | The Arc Resources

[https://thearc.org/find-resources/?search\\_resource=sexual+violence&audience=searchAudience&type=video&topic=searchTopic](https://thearc.org/find-resources/?search_resource=sexual+violence&audience=searchAudience&type=video&topic=searchTopic)

### 3 Down to Defend

Nonprofit Organization in Michigan

#SelfDefense #Classes #Educate

#### About

Provides self-defense classes and resources for individuals with disabilities.

#### Helpful Link | Activating Change

<https://www.downtodefend.org/>

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## ORGANIZATIONS (continued...)

### 4 Disability Without Abuse Project

International Organization

[#Professionals](#) [#Organize](#) [#SexualAbuse](#)

#### About

Provides information, resources, and expertise on disability and abuse.

#### Helpful Link | Disability Without Abuse Project

<https://www.disabilitywithoutabuse.org/>

### 5 me too. Movement

National Organization

[#SexualViolence](#) [#metoomvmnt](#) [#Survivors](#) [#Community](#)

#### About

Survivor-led movement against sexual violence offering support and resources.

#### Helpful Link | me too. Movement

<https://metoomvmt.org/>

### 6 Our Wave

National Organization

[#SexualAbuse](#) [#Storytelling](#) [#Community](#) [#Support](#)

#### About

Empowers survivors of sexual assault, abuse, and harassment to share their stories safely.

#### Helpful Link | Our Wave

<https://www.ourwave.org/>

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## ORGANIZATIONS (continued...)

### 7 RISE

National Organization

[#SexualViolence](#) [#Advocacy](#) [#Laws](#)

#### About

Advocates for survivors of sexual violence and works to pass laws supporting survivors.

#### Helpful Link | RISE

<https://risenow.us/>

### 8 VALOR

National Organization

[#EndSexualViolence](#) [#Equity](#)

#### About

Committed to advancing equity and ending sexual violence.

#### Helpful Link | VALOR

<https://www.valor.us/>

### 9 Voices of Change 2018

Nonprofit Organization | Ohio

[#Advocacy](#) [#Awareness](#) [#Education](#) [#Resources](#)

#### About

Works to reduce the risk of abuse, neglect, and exploitation of individuals with disabilities.

#### Helpful Link | Voices of Change 2018

<https://www.voicesofchange2018.org/>

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## EDUCATION & TRAINING

### 1 Accessible Sexual Health | Nellie Galindo, Founder [#SexEducation](#) [#DisabilityAwareness](#)

#### About

Advances access to comprehensive sex education for people with disabilities.

#### Helpful Link | Accessible Sexual Health

<https://www.accessiblesexualhealth.com>

### 2 Blue Tower Solutions | Shirley Paceley, Executive Director [#Inclusion](#) [#Equality](#)

#### About

Engages individuals, organizations, and systems to create inclusive cultures for people with disabilities.

#### Helpful Link | Blue Tower Solutions

<https://www.bluetowersolutions.org/>

### 3 Mad Hatter Wellness | Katie Thune, President & Founder [#HealthEducation](#) [#SexEd](#)

#### About

Provides comprehensive sex education and health curriculum for people with intellectual disabilities.

#### Helpful Link | Our Wave

<https://modhatterwellness.com/>

### 3 Elevatus Training | Katherine McLaughlin, Executive Director [#SexualityEducation](#) [#DisabilityAwareness](#)

#### About

Offers evidence and trauma-informed curriculum on sexuality and disabilities.

#### Helpful Link | Elevatus Training

<https://www.elevatustraining.com/>

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## GOVERNMENT

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Administration for Community Living  
Protecting Rights and Preventing Abuse  
[#ProtectRights](#) [#PreventAbuse](#)

### About

Develops systems and programs to prevent and address abuse of older adults and people with disabilities.

### Helpful Link | Protecting Rights and Preventing Abuse

<https://acl.gov/programs/protecting-rights-and-preventing-abuse#:~:text=ACL%20is%20committed%20to%20developing,abuse%20to%20help%20them%20recover.>

It is very tempting to take the side of the perpetrator. All the perpetrator asks is that the bystander do nothing. He appeals to the universal desire to see, hear, and speak no evil. The victim, on the contrary, asks the bystander to share the burden of pain. The victim demands action, engagement, and remembering.

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Judith Lewis Herman

Trauma and Recovery: The Aftermath of Violence  
From Domestic Abuse to Political Terror

If you have a Publication or Organization you would like added,  
please email [Julie@TheNatalieProject.org](mailto:Julie@TheNatalieProject.org).

END

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