

“A Rural Perspective: Serving Survivors of DV/SA with Disabilities in Rural Communities”

End Abuse of People with Disabilities Webinar Discussion Guide

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This guide is an invitation to have a discussion about the content discussed in the *End Abuse of People with Disabilities* webinar to help you engage with the material. If you have questions or concerns, please email Ashley Brompton at abrompton@vera.org.

A Note on Self-Care

We recognize that many of the topics discussed in our webinars, and the accompanying discussion guides, may be difficult and/or triggering. We ask you to practice self-care. Here are some suggestions for practicing self-care when watching *End Abuse of People with Disabilities* webinars or using the discussion guides.

- Be mindful of trigger or content warnings during webinars, as well as your body’s own reactions. Center yourself and your needs. Do whatever you need to do to feel comfortable and safe.
- If you need to take a break, allow yourself to do so. The webinar can be paused and re-started as needed.
- Plan out ways to decompress and regroup after consuming heavy content.
- Identify supports in your community or organization that you can reach out to for assistance as needed.

Discussion Questions

1. What barriers do survivors with disabilities face when seeking services at your organization or in your rural community generally?
2. What are some strategies your organization can implement to help survivors access services in your rural community?

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3. How can your organization maximize your resources to provide accessible services to survivors with disabilities?

4. How can your organization's culture change to better serve survivors with disabilities?

5. What are some resources – either inside your community or elsewhere – that your agency can tap into to better position you to serve survivors with disabilities?