

*“Autonomy is Safety: Using Supported Decision-Making to Facilitate the Safety of People with Disabilities”*

*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](mailto: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 reground after consuming heavy content.
- Identify supports in your community or organization that you can reach out to for assistance as needed.

*Discussion Questions*

1. How has your agency traditionally responded to disclosures of victimization made by people with disabilities?
2. In what ways have your responses empowered people with disabilities? In what ways have your responses taken power from people with disabilities?

3. What are benefits of supported decision-making compared to traditional responses to the risk of victimization?

4. What are strategies you can use to support survivors with disabilities?

5. You provide services to Rita, a woman with an intellectual disability. One day, she comes to your office crying and says she was hurt. She has a bruise on her arm and flinches when you come near her. When you ask further questions, she is not able to provide many details but does not want to go home, where she lives with her parents and older brother. How would you approach this disclosure? What steps can you take as a support person to ensure an effective response to Rita's report?