

# YOU HAVE RIGHTS

The spread of COVID-19 has made the way we live look different for a little while. Even though things feel out of the ordinary and are changing all the time, you still have rights.



You have the right to be safe in your home.



You have the right to be free from abuse and neglect.



You have the right to the services and supports you need to stay healthy and safe



You have the right to tell your care manager or IRIS consultant if you are unhappy with a service or think you need a change to your services.

If any of these rights are being taken away or you don't feel that you are able to be safe with the supports and services you have right now, **call or email your care manager or IRIS consultant and ask them what changes can be made.** If you do not have a care manager or IRIS consultant, or if you have not heard from them for more than 24 hours after reaching out, there are other options available to get help.

This guide gives you the tools to make a plan and contact the right people to get the help you need during this stressful time.

# HOW TO REPORT ABUSE

People with disabilities experience many kinds of abuse. This can be physical, sexual or mental abuse or financial abuse.

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| <b>If you are a person with a disability experiencing abuse:</b> <ol style="list-style-type: none"><li>1) Tell one or more trusted adults who can help you figure out how to report.</li><li>2) Call your local police department – 911, if you are in immediate need of help or danger.</li><li>3) Call Adult Protective Services – Every County has this help available.</li></ol> | <b>If you are witnessing or hearing about abuse from a person with a disability:</b> <ol style="list-style-type: none"><li>1) Tell one or more of the agencies that work with the person. They can help with the report.</li><li>2) Call your local police department – 911, if you are in immediate need of help or danger.</li><li>3) Call Adult Protective Services – Every County has this help available.</li></ol> |
| <b>You can ask a person you trust to help you report.<br/>If the agency you report to isn't helpful, there are further resources listed in this toolkit who may be able to help.</b>   |  |

## What is Adult Protective Services?

Every County has someone who looks into reports of abuse and neglect involving people with disabilities. This is called Adult Protective Services or APS for short. APS is still working and making visits to people's homes during the COVID-19 outbreak. If you think you are being abused or neglected, you should call your County Help Line. A list of County Helplines is listed at this website: <https://www.dhs.wisconsin.gov/aps/aar-agencies.htm> OR listed at the end of this toolkit.

## How to spot abuse and neglect?

There are different kinds of abuse and neglect. Here are some examples:

- ☐ **Physical Abuse** – Hitting, pushing, shoving
- ☐ **Emotional Abuse** – Calling you fat, ugly, the R-word. Saying things like “nobody will ever want to be with you”, or posting photos or other items that are hurtful to you
- ☐ **Sexual Abuse** – Touching body and private areas when you don't want to be touched
- ☐ **Financial Abuse** -Taking your money and using it for themselves
- ☐ **Neglect** – Someone not taking care of you the way they are supposed to or you are struggling to take care of yourself