

# CRIME PREVENTION & INITIATIVE GUIDE

Persons with Disabilities

"RISE WITH PRIDE"

Research

Information

Support

Empowerment

SAFETY/SECURITY AND LEGAL PROCESS

A PATHWAY TO FOLLOW

For Support Phone 746-6996 or 1-800-634-6828

Funded through the office of the Solicitor General of Canada 1999

This book is for YOU!

Personal, home & street safety, also directions to aid you in working with professionals who are assisting you!

## **Who are "The Disabled"?**

They are the people you work with, members of your family, neighbours and school chums. "They" could be you and me! People with disabilities may have mobility disability which requires them to use crutches or a wheelchair; they may be blind or have low vision; or they may have a hearing disability. They may be "invisibly" disabled with epilepsy, a heart condition, diabetes or a learning disability. Or they may be labeled as being "developmentally disabled", "mentally retarded", or "mentally handicapped" or having "psychiatric problems".

## **Helping Others Help You**

Your local Fire Department and First Response Team should be notified when you move into your home.

Register your "disability" so they know in advance how to help you when needed.

With your disability "Recognized" don't be afraid if you need to ask for assistance!

B-U-T: do not be upset if rejected:

### **"Persistence Pays Off"**

Remember all people have bad days!

### **Just try again!**

Do not be afraid to acknowledge your disability

Ask for: "Understanding" of your limits!

If you are a "Professional" take particular guidance from what your client tells you!

### **Be Patient and Listen Closely!**

# HOME

Have a friend or family member **telephone** you, **at least** once a day – at the same **time!**

If you don not answer in/at **an agreed time** – Have them call for **assistance!**

Give your partner a phone number to call in an emergency!

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Place a **record of all "medication" & special needs** you have, along with **"emergency numbers"** in a plastic bottle.

**Keep in your refrigerator** or **medicine cabinet** with an **alert notice** on the door.

**NOTE:** Ambulance drivers & care persons are **trained** to look for it!!

Carry or wear an **identification card** - with your name, address, phone number, and an emergency contact number.

\*include your type of "Disability" or "Situation"

**Always wear your Medical Alert bracelet, necklace or card!!**

When **leaving your home** for the day or over night, **write where you are going** down on a writing pad. **Inform** family and friends and tell them when you will return. **Leave this information near your telephone!!**

**Always leave a phone number** where you can be reached if going away overnight!!

**Make a phone number list** of family members, your doctor, friends and support persons: and leave a **copy in your purse, pocket**, in your medicine cabinet and attach a copy on your refrigerator!

**Important Phone Numbers:**

Doctor: \_\_\_\_\_

Family: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Friends: \_\_\_\_\_

\_\_\_\_\_

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## STREET SMART

When possible for out **during the day**. If possible take a friend with you!

**Waiting for buses or taxi** always stand in a well lit place!

When taking a **bus** always sit **near the driver** whenever possible.

**Do not accept a ride** from someone you have just met. **Meet at/in a public place.**

If approached by a stranger, do not talk to them – you do not have to!

**But in an emergency situation** do not be afraid **to ask for assistance** keep on asking **until you get it!**

Always **carry coins** for emergency **telephone calls**, in your pocket or purse.

**Remember** 911 and “0” operator calls **are free!**

Go to the **bank** or **bank machine** during day-light hours.

Keep a **record** of all your credit card numbers. Report immediately if **stolen!**

Always keep your Debit Card and **Pin Number** separate.

When going out – if you do not need a purse – do not take it with you.

Just **identification** and a **small amount of cash!**

If you have a large amount of cash in your possession – do not keep it all in one place! Put some in your wallet, in your pocket or another spot easily located.

Do not flash money around – be very discreet.

Carry your **purse** close to your body, or use a **fanny pack**.

Do not **leave** your **purse** or **wallet** unattended or in a bag at the **back of your wheelchair!!**

If someone is bothering you, or you think someone is following you, **cross the street** and **go the other way**.

You can also go to: School, Police Station, Hospital, **any public place**.

Walk on busy streets. Do not go into alleys or deserted areas if possible.

**Stay away** from doors, bushes and side alleys.

Walk in the **centre of the sidewalk** during daylight, on the **curb side** that is well lit at night.

If walking on the shoulder of the road or highway **walk facing the traffic!**

# People with Visual Impairments:

Walk close to the centre of the sidewalk or the side of the curb when using a white cane.

## WHEELCHAIR & SCOOTER SAFETY:

Be sure your motorized **wheelchair** is fully **charged** before going out!  
**Stay on the sidewalk!**

Make sure that your wheelchair or scooter **is covered by insurance.**

Note: Only **go on the road** if necessary! If you must go on the road -  
**Face the traffic!**

**Hearing impaired** persons should always carry paper and pen to **communicate!**

When going into a **new building** phone to see if **it is accessible!**

**Know where you are going.....**

**Look Confident**

If lost or confused **ASK:**

Police person or call a family member or friend for guidance!

## **HOSPITALS:**

### **South Muskoka Memorial**

75 Ann St., Bracebridge          645-4405

### **West Parry Sound Health Centre**

6 Albert Street, Parry Sound      746-9321

### **Huntsville District Hospital**

354 Muskoka Rd., Huntsville      789-2311

## **Ontario Provincial Police**

24 - Hour Service

1-888-310-1122

OR

**9-1-1**

## **CAR SAFETY**

Keep your doors **locked** at all times.

Park your **car in a well lit area!**

**Always check the back seat** of your car before opening and entering your car!!

When a stranger approaches your car, speak to them, if you wish to, **through a partially opened window.**

If traveling in a new or strange area, **consider** renting a cell phone. In an **emergency** you will be able to call for assistance!!

# HOME

Install **motion lights near your front and rear doors** so that they turn on when someone comes near!

**Make sure** the **number** of your home is **visible** from the **road!**

**Know** your address, the street or highway number and the Fire Route Number!

Have a "**Peephole Viewer**" installed on your entrance door.

If in a **wheelchair**, have another installed at your own level.

Have a peephole viewer **cover** placed on **the door**, so that when not in use, you can **cover it**, for your complete **privacy!**

Be sure to have installed in your home a **smoke detector and a carbon monoxide (CO) detector**. Ask your local Fire Department for assistance to place it in the proper place so that you can turn it off and on, possibly with a walking stick!

Make sure Your Home looks lived in, even if you are not there:

- Lights on
- Radio on
- Have a delay timer installed
- Get your lawn cut
- Snow removed from sidewalk
- Mail held or picked up
- Newspaper delivery stopped or picked up

Before **going to your basement, going to bed** or leaving your home "**always**" be sure **all windows and doors** are **locked!**

Put a **block of wood** along the track of your **sliding doors** so it cannot be forced **open!**

You should also do this to all sliding window in your home!

In the **evening** be sure to **pull your drapes closed** so no one may see into your home!

## Abuse

The definition of this word is:

- An unjust or corrupt practice;
- Improper or bad treatment;
- Abusive words;
- Insults, ill-treatment;
- Utter insults to or about:

**Emotional Abuse:** when someone gives another person pain and sadness.

**Neglect:** An act that robs someone of their basic needs that are required to function in life as a human being.

**Physical Abuse:** an act that causes hurt injury or harm to the body.

**Sexual Abuse:** when someone touches a person on a private part of the body or does anything sexual **without** their permission.

**Verbal Abuse:** when someone voices their expression causing the person listening to feel **unworthy** and destroying their **self image!**

**Remember you have a right to be safe and secure:**

**Stop abuse of any kind!!!**

If you are a victim of crime/abuse it helps to ask for **help immediately**, telling someone you trust. **Tell your story** until someone listens and believes.

You can tell your story by drawing pictures, writing notes, using sign language or body language.

Never be **afraid** to **explain** your **disability** and how the person can better assist you – ask for support when needed! **Take your time!**

**When a crime has been committed** against: your self, your home or your family; talking about it often helps to heal some of the hurt you feel after being a victim.

**“It is not your fault”**

Try **telling** a friend, family member you trust, doctor, minister, nurse, social support worker or teacher.

**If that person does not understand – try another!**

When you decide to **take action** and **report** the incident to the Police – **be confident** – that they will proceed with **your safety** in mind.

**If a Crime has taken place!!**

**You have people who support you!**

**O.P.P.**

**1-888-310-1121**

**Lawyer Referral Service**

**1-800-268-8326**

**Womens’ Sexual Assault Help Line**

**1-800-461-2929**

**Muskoka Interval House**

**1-800-461-1740**

**Bracebridge 645-4461**

**ESPRIT**

**1-800-461-1707**

**Parry Sound 746-4800**

**RISE**

**1-800-634-6828**

**Parry Sound 746-6996**

The **Police, Crown Attorney, Lawyer and Judge** will ask you **about the crime!**

They **must understand completely what happened!**

Write down, in point form, your important points before your interview. As you make your statement, check it off your list.

If you wish a family member or Victim Support Person **of your choice** with you – **request it** – it is **your right!**

Tell your whole story – slowly, taking your time. Be sure to tell the **whole truth.**

After you tell your story, **the legal authorities** will ask you questions.

If you **do not know the answer** to a question, it is **OK** to reply: “I do not know!”

**Never guess – just tell them the whole truth, to the best of your ability!**

When you meet with the **Police** they will write down what you are saying and may also **video tape** the interview as well. If and when you are **asked to sign the statement**, be sure to read it!

If it is **read to you**, have this **written in the statement** and also have it written in if a video was taken during this time. Have a friend, family member or Victim Support Person or lawyer co-sign the statement with you.

If you or anyone assisting you is in doubt, **do not sign** – get assistance from your **lawyer or Duty Council!**

The General Justice process  
after a Crime had been reported  
to the Police

### **Example One .....Guilty Plea**

#### **Procedures followed:**

Statement to the police

Identification of suspect

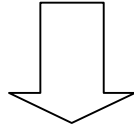
Police lay charges against the suspect

#### **ARREST**

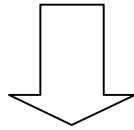
Accused held in jail or Promise to Appear

**Appearance** of accused in **Court**

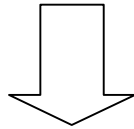
Accused released? – on bail?



**Guilty Plea**

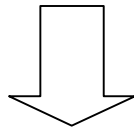


**\*Sentencing**



pre-sentencing report?

Sentencing hearing with witness?



Prison term?

Probation?

Fine?

Conditional discharge?

The Police, Crown Attorney, Support Workers will assist you in writing a **“Victim Impact Statement”** that will be presented to the judge before his/her judgment is given!

The General Justice process  
after a Crime has been reported  
to the Police

**Example Two .....Not Guilty Plea**

**Procedures Followed:**

Statement to the police

Identification of suspect

Police lay charges against the suspect

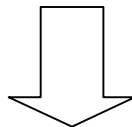
**ARREST**

Accused held in **jail** or **released**

On a **Promise to Appear**

**Appearance** of accused in –

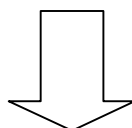
**Provincial Court**



After the Court clerk reads the charges the

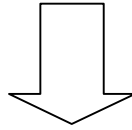
Accused states:

**Not Guilty**



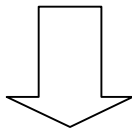
Defence Lawyer or Judge could request

a **Pre-Trial**



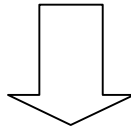
Defence Lawyer or Crown Attorney request

**Preliminary Inquiry**

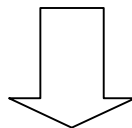


**Enough evidence**

**For trial:**



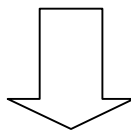
**Trial**



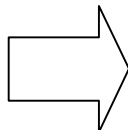
(selection of jury?)

witnesses for the Crown

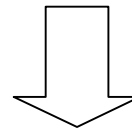
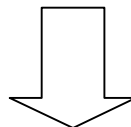
witnesses for the Defence



**Verdict**



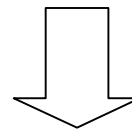
**Sentencing**



not enough

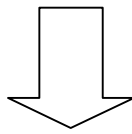
**evidence for**

**Trial**



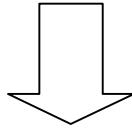
charges dismissed

Accused free



**Not Guilty**

Accused **Free**

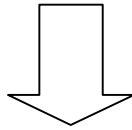


**Guilty**

Pre-sentencing report

Sentencing hearing with witnesses

**Victim Impact Statement**



Prison term – probation – fine

Regardless of a Trail's **outcome, always remember –**

**You Have Won!!!**

The **truth is out in the open** – your family, friends, the Police and Crown Attorney now **know!** And will be **“Alert”!**

**You are now Free to continue on your pathway of life**

Prepared by: The Abuse & Crime Prevention Initiative Project  
Community Advisory Committee with the assistance of RISE – Staff & Participants.

Linda-Anne Thompson – Coordinator

Funded by: Solicitor General of Canada 1999

## **A Handicap if Made, Not Born**

There is another and perhaps greater danger involved in this matter of accepting the limitations of others.

Sometimes we are apt to regard as limitations, qualities that are actually the other person's strengths.

We may resent them because they are not the particular qualities which we may want the other person to have.

The danger lies in the possibilities that we will not accept the person as he is but try to make him over according to our own ideas.

Eleanor Roosevelt

You Learn by Living