

CARA

Coalition Against Rape and Abuse, Inc.

Resources for Survivors with Disabilities

Disability-Specific Support and Resources

Survivors with disabilities may face unique barriers when experiencing domestic violence, sexual violence, or abuse. Abuse may involve a partner, family member, caregiver, service provider, or another trusted person, and may include actions that interfere with a survivor's independence, communication, finances, medical care, or access to support.

The resources below are specifically intended to help survivors with disabilities, their families, caregivers, and advocates find disability-related information, advocacy, protection, and accessible support.

CARA - Coalition Against Rape and Abuse, Inc.

CARA provides confidential support and services to survivors of domestic violence, sexual violence, and abuse throughout Cape May County, including survivors with disabilities.

Services include crisis support, safe shelter, counseling, advocacy, and legal advocacy.

24-Hour Hotline: 609-522-6489

TTY telephone access is available for individuals who are deaf or hard of hearing.

Local Disability Resources

The Arc of Cape May County

The Arc of Cape May County provides services, advocacy, resources, and support for individuals with intellectual and developmental disabilities and their families throughout Cape May County.

For survivors with intellectual or developmental disabilities and their support networks, The Arc may be an additional local resource for disability-related services, information, and advocacy.

Website: arccapemay.org

Cape May County Adult Protective Services

Adult Protective Services investigates reports of suspected abuse, neglect, and exploitation of vulnerable adults living in the community.

This may be an important resource when a vulnerable adult with a disability is suspected of experiencing abuse, neglect, exploitation, or unsafe living conditions.

New Jersey Disability Resources

Disability Rights New Jersey

Disability Rights New Jersey is New Jersey's designated protection and advocacy organization for people with disabilities.

The organization provides information, referrals, advocacy, and legal assistance related to disability rights, discrimination, access to services, and other disability-related concerns.

Phone: 1-800-922-7233

Website: disabilityrightsnj.org

New Jersey Division of Developmental Disabilities

The New Jersey Division of Developmental Disabilities (DDD) provides and funds services for eligible New Jersey adults with intellectual and developmental disabilities.

Individuals and families can find information about eligibility, available services, supports, and assistance.

Website: nj.gov/humanservices/ddd

New Jersey Relay

New Jersey Relay provides telecommunications relay services for individuals who are Deaf, hard of hearing, DeafBlind, or have speech disabilities.

Dial: 711

Resources for Deaf and Hard-of-Hearing Survivors

Survivors who are Deaf or hard of hearing may experience additional communication barriers when seeking help or reporting abuse.

CARA has TTY telephone access available for individuals who are deaf or hard of hearing.

New Jersey Relay can also assist individuals who are Deaf, hard of hearing, DeafBlind, or have speech disabilities with telephone communication by dialing **711**.

National Survivor Resources

National Domestic Violence Hotline

The National Domestic Violence Hotline provides confidential support, information, safety planning, and resources for people affected by domestic violence, including survivors with disabilities.

Call: 1-800-799-SAFE (7233)

Text: START to 88788

Website: thehotline.org

RAINN - National Sexual Assault Hotline

RAINN provides confidential crisis support, information, and resources for survivors of sexual violence.

Call: 1-800-656-HOPE (4673)

Website: rainn.org

You Deserve Support

Having a disability does not make abuse acceptable, and it does not take away your right to safety, dignity, respect, and support.

You do not need to know which organization or service you need before asking for help. CARA can provide information about available options and help connect survivors with appropriate community resources.

**CARA - Coalition Against Rape and Abuse, Inc.
Serving Cape May County**

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If you are in immediate danger or experiencing a medical emergency, call 911.