



A ValorUS® and
Arc of California Project

Supporting Sexual Assault Survivors with Developmental Disabilities in California: A Resource Guide

SEPTEMBER 2024

Resource Guide

This guide was created by a multidisciplinary team as a comprehensive resource for disability service providers and sexual assault advocates. Its aim is to equip those who support and advocate for sexual assault survivors with developmental disabilities by providing valuable information, practical tools, and access to essential services. While this guide focuses on California, some resources may feature laws or guidelines specific to other states. Please familiarize yourself with the laws in your state and consult with a lawyer if you are not clear on legal restrictions or limitations.

Resource Guide

If you or someone you know needs immediate help, please reach out to the following organizations:

- **Rape, Abuse, & Incest National Network (RAINN):** Call their 24/7 National Sexual Assault Hotline at 1-800-656-HOPE (4673) or visit [RAINN](#) for online chat support.
- **ValorUS:** Access local rape crisis center support services and resources by visiting [ValorUS Get Help](#).

For ongoing support with California developmental disability services, please reach out to the following organizations:

- **California Department of Developmental Services:** Locate regional centers for support services by visiting [DDS](#)
- [The Arc of California](#)
- [El Arc de California](#)

Sexual Assault Survivors with Developmental Disabilities Stories

These powerful stories offer a window into the experiences of survivors, highlighting the unique challenges faced by individuals with developmental disabilities:

- [Abused and Betrayed](#)
- [Kecia's #METOO Story](#)
- [Untold Stories About Sexual Violence](#)

For Self-Advocates & Plain Language Guides

A collection of guides and toolkits designed for self-advocates and those who support them:

- [Accommodations Toolkit](#)
- [Healthy Relationships Toolkit](#)
- [Sexual Education Toolkit](#)
- [Sexual Health Toolkit](#)
- [Guidebook for LGBTQ+ and Intellectual and Developmental Disabilities](#)
- [Self-Advocacy Training](#)
- [Ableism and Violence Guide](#)
- Reporting Abuse Guide
 - » [English](#)
 - » [Spanish](#)
- [Guardianship Toolkit](#)
- [Self-Advocacy Resource and Technical Assistance Center](#)

For Rape Crisis Centers

Training resources and guides to better support survivors with disabilities:

- Training – Survivors with Intellectual & Developmental Disabilities: Providing Appropriate Support and Advocacy
 - » [Part One](#)
 - » [Part Two](#)
- [Training – Centering Survivors with Disabilities in Your Organizational Policies](#)
- [Training – Understanding and Reaching Formerly Incarcerated Survivors with Disabilities](#)
- [Mandated Reporting Guide](#)
- [Social Inclusion Guide](#)
- [Guide for Counselors for Working with Survivors with Intellectual Disabilities and Autism](#)

For Disability Service Providers

Training resources tailored for organizations supporting people with developmental disabilities:

- Training – Responding to Sexual Assault Disclosures by People with Intellectual and Developmental Disabilities: A Trauma-Informed Approach
 - » [Part One](#)
 - » [Part Two](#)
- [Training – Understanding Violence in the Lives of People with Disabilities: The Impact of Racism and Ableism](#)
- [Talk About Sexual Violence Program](#)
- [Mandated Reporting Guide](#)

Accessibility & Accommodations

Information on creating accessible materials and providing accommodations:

- [Training – Providing Accessible Services for Survivors of Domestic Violence and Sexual Assault Who are Blind or Have Low Vision](#)
- [Model Accommodations Policy](#)
- [Sample Intake Form](#)
- [Accommodations Toolkit](#)
- [Supporting Deaf and DeafBlind Survivors](#)
- [ASL Interpreter Screening Guide](#)
- [ASL Language Planning Toolkit](#)
- [Creating Accessible E-Documents](#)
- [Creating Accessible Print Materials](#)
- [Creating Accessible Websites](#)

Disability Justice

Resources focusing on disability justice principles and practices:

- [Disability Justice: An Audit Tool](#)
- [10 Principles Of Disability Justice](#)
- [Disability Justice and Violence Prevention Resource Hub](#)
- [Disability Justice, Violence Prevention, and Abolitionism Curriculum](#)

Forensic Exams

Guides to assist with explaining the forensic examination process and purpose:

- [Training Series: Supporting Clinicians Caring for Adult Survivors with Intellectual Disabilities](#)
- [Picture Guide to the Exam after Sexual Assault – Self Advocates](#)
- [Picture Guide to the Medical Exam after Sexual Assault](#)

Safety Planning

Safety planning guides for supporting individuals with disabilities:

- [Training – Safety Planning for Survivors with Disabilities](#)
- [Advocate Guide](#)
- [Model Protocol](#)
- [Guide for Individuals with Physical Disabilities](#)

This project is supported by Grant No. 15JVOW-22-GK-00220-DISA awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice.



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