

SUPPORTING RAINBOW PEOPLE WITH DISABILITIES

Rainbow people with disabilities are at increased risk of violence compared to the general population.

EXPERIENCES OF ABUSE

- Rainbow disabled people may be dependent on family or carers who do not understand or accept them.
- They may
 - Hold prejudiced views towards rainbow people.
 - See their family member as asexual, or see their sexuality as illegitimate or unimportant.
 - Assume that their sexuality or identity is a feature of their disability.
 - Not understand their diverse sex characteristics.
- Rainbow disabled people may have had negative consent experiences in treatment settings.
- They may have experienced a lack of choice around their carers, or who sees them undressed.
- Rainbow people can experience systemic abuse in medical settings, including nonconsensual medical interventions, and being denied medical treatment.
- Rainbow disabled people experience high rates of minority stress and experience higher rates of violence than the general population. This combined with negative experiences with support services can make rainbow disabled people less likely to reach out to support services.
- Rainbow disabled people can often have the experience of needing to 'come out' multiple times - about their sexuality or identity, and about their disability.

WAYS OF SUPPORTING

- Ask disabled rainbow people about the rainbow competence of their carers. If they tell you it is not good, advocate for their carers to get rainbow education, or help them find rainbow educated carers.
- Practice verbal and nonverbal consent, ask before initiating any physical contact and listen to what they say with their words and body language. Avoid asking invasive questions.
- Speak respectfully about their bodies and relationships and don't make assumptions about the sexuality or identity of rainbow disabled people - or anyone!
- Avoid glorifying partners of disabled people simply for choosing to be in a relationship with a disabled person.
- Acknowledge the contributions of rainbow disabled people to their relationships and communities.
- Ask what barriers prevent your rainbow disabled whānau from attending events.
- Check that organisations or events you are involved with are accessible. Access to community and friendships can be a protective factor against experiencing violence or abuse.
- Advocate for your workplace to be more accessible.
- Believe rainbow disabled people when they disclose an experience of violence. Affirm and believe the identities of rainbow disabled people.