

Box 10.1 Promoting Safety Among People With Disabilities

There are currently a wide variety of programs available to raise awareness of the problems of sexual assault and IPV (see Chapters 7 and 8). Most of these programs, however, are designed for women and men without special needs and limitations. Researchers and practitioners concerned with intimate abuse of people with disabilities have argued for programs that address the unique concerns and safety issues faced by this population. For instance, because, as we have noted, people with disabilities may be socialized to be compliant, programs that increase assertiveness and safety self-efficacy would be particularly helpful. A recent review (Lund, 2011), however, found that there are few such programs available, and those that are available have not been properly evaluated to determine their effectiveness (see also Mikton, Maguire, & Shakespeare, 2014). An exception is a **Safety Awareness Program (ASAP)**, although this program has only been evaluated with regard to its effectiveness for women with disabilities (Hughes et al., 2010).

According to the program evaluators (Robinson-Whelen et al., 2014), the goals of ASAP for Women are to raise awareness and knowledge of intimate abuse, build safety skills, improve safety self-efficacy, and increase social support, which together should increase women's safety behavior and ultimately reduce victimization (although the latter has not yet been evaluated). Participants in the program attend eight 2½-hour classes that meet once per week. Classes incorporate both