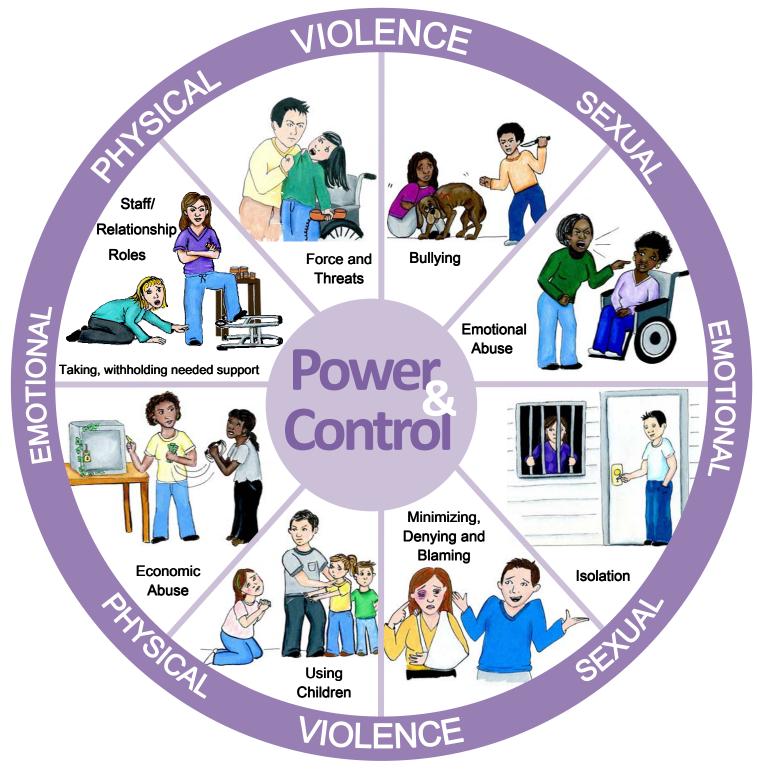
# **PROJECT PEER**

## Power and Control Wheel

for Women with Developmental Disabilities and/or Mental Health Issues



Washington DC's Project Peer, c/o DC Quality Trust for Individuals with Disabilities, can be reached at 202-448-1450.

This diagram is based on the Power and Control wheel developed by the Domestic Violence Intervention Project, Duluth, MN, and the Abuse of People with Developmental Disabilities by a Caregiver wheel developed by the Wisconsin Coalition Against Domestic Violence, Madison, WI.

Project Peer was supported by Grant No. 2007-FW-AX-K010 from the Office on Violence against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this document are those of the authors and do not necessarily reflect the views of DOJ-OVW.

# **PROJECT PEER**

Power and Control Wheel for Women with Developmental Disabilities and/or Mental Health Issues

## **Force and Threats:**

Making threats to hurt her or not give her something she needs. Threatening to leave or kill her. Making her break the law. Punishing her Relationship/ to get her to do **Staff Roles:** something.

Treating her like a servant or a child. Making all the decisions. Acting like the boss. Deciding the roles in the relationship. Not giving her any privacy. Taking away, not fixing, or Power<sub>8</sub>, Control breaking equipment. Giving too much, too little, or no medication.

#### **Economic Abuse:**

Stopping her from getting or keeping a job. Making her ask for money. Giving her only small amounts of money. Taking her money. Not letting her know about or use money.

Telling her she is a bad mother. Talking bad about her in front of the kids. Using the children to give her messages. Threatening to take her kids away.

Using

**Children:** 

## **Bullying:**

Making her afraid by mean looks, actions and movements. Smashing things. Breaking her things. Hurting her pets. Showing weapons.

**Emotional** Abuse:

Putting her down. Making her feel bad about herself. Calling her names. Making her think she's crazy. Playing mind games. Making her feel ashamed Making her feel guilty. Ignoring her.

## **Isolation:**

Telling her what she can do, who she can talk to, what she can read, and where she can go. Making her stay home. Not letting her use the phone or TV. Stopping

Minimizing, **Denying and Blaming:** 

her from doing what she wants to do.

Saying that abuse is not that big a deal. Saying the abuse is her fault. Blaming her disability for the abuse.

# VIOLENCE

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