

Strategies for Moving Ahead

- Research resources in your community that provide free or low-cost services to support you and your children.
- Work with your advocate to develop a plan to access community resources to support you.
- Ask about priority processing to receive emergency-assistance services if you are homeless.

Safety Planning Tip

Discuss the pros and cons of disclosing domestic violence with your advocate before you share any details about your experiences.

Need Additional Information?

For more detailed information about navigating public resources, see The Allstate Foundation *Moving Ahead Through Financial Management*, Guidebook 2: *Financial Fundamentals* and Guidebook 5: *Financial Strategies for Immigrant and Refugee Women* or visit www.econempowerment.org.

To speak with someone about your individual needs, contact:

National Domestic Violence Hotline
1-800-799-7233 (SAFE)

National Network to End Domestic Violence (NNEDV)
1-202-543-5566

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Navigating Community Resources





Abused women with limited or no access to community resources face difficult challenges; however, services may be available in your community. By knowing what community resources and financial options are available, you will be able to make better-informed decisions about your future.

Q. How do I know what services are available in my community?

A. Contact your local Department of Human Services (DHS) or Department of Social Services to apply for community public-assistance programs. An advocate from your local domestic violence program can help you locate the contact information and complete the application process.

Q. What information should I obtain from the Department of Human Services or Department of Social Services?

- A. • A list of programs available in your city and state
- Applications for all programs
 - Criteria for completing applications (in person vs. online)
 - A list of required documents (proof of identity, income, Social Security numbers for household members, etc.)
 - Eligibility qualifications
 - Income and assets limitations documents

Things to Remember

- Develop strategies to access community resources, as many public resources may be difficult to find, have strict eligibility requirements and/or have confusing application processes.
- Each state has different eligibility requirements and application processes.
- Federal laws require certain service providers to provide services regardless of immigration status. Discuss further with a domestic violence advocate.

Public Benefits and Family Violence Options

The Personal Responsibility and Work Opportunity Reconciliation Act, also known as Welfare Reform, gives each state the choice of electing Family Violence Options (FVO) as part of its Temporary Assistance for Needy Families (TANF) state plan. FVO provides exemptions to time limits or other requirements for public assistance for individuals who are victims of family violence. FVO plans also provide:

- Domestic violence or abuse screening
- Confidentiality protections for domestic violence survivors and individuals who are victims of family violence
- Information and referrals to domestic violence support and advocacy services
- Waivers for certain program requirements

For more information on the FVO in your state, contact your local domestic violence program. To locate a local program, call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE).