

# What is Abuse?

## Step 1 role play

### Role play (1) physical abuse

Characters: a user of a work facility (○) and a facility staff member (△)

Plot: A user named ○ is slacking off because he does not like the job at the work facility. Mr. △, a staff member, comes to look for him.

Staff member: Where did ○ go? (says the staff member, while coming to look for the user.)

User: I don't want to do a job like this (says the user as he runs away around the site).

Staff member: You are supposed to be working. Go back to your place (says the staff member in an ordering tone, and chases him).

User: No, I don't want to (turning to face toward the chasing staff member).

Staff member: Your behavior is troubling everybody else.

User: Ouch! Ouch! (The staff member catches him and really smacks him).

Staff member: Because you don't listen to me no matter how many times I tell you, you have to be smacked. Say yes if you get it (while threatening to hit him again if he doesn't listen).

User: (He droops down and says yes.)

### Roll play (2) verbal abuse, continuous role play "marriage" (1)

Characters: a woman in a wheelchair (○) and her father (△)

Plot: A woman in a wheelchair has fallen in love and wants to get married. She tells her father about it, seeking his approval.

Daughter: I have something to tell you today.

Father: What is it? You look so serious.

Daughter: I fell in love with someone.

Father: What? You? How old are you now?

Daughter: Twenty-four.

Father: You're twenty-four already? And you've fallen in love?

Daughter: Yes. He accepts my disability and says he wants to get married.

Father: With you?

Daughter: Yes. I've thought it over and I want to marry him.

Father: He says he seriously wants to marry you?

He's not deceiving you?

Daughter: No. He even introduced me to his father and mother the other day and got their approval.

Father: You met his father? You already have such a relationship?

Daughter: Yes, I already met them. They encouraged us to do our best.

Father: What do you mean by encouraged? What the heck can you do?  
Can you prepare a meal? Your mother always does it for you, right?  
Who washes your underwear? Can you take care of daily chores?

Daughter: I am going to learn from mom.  
I'll practice because I want to get married.

Father: You haven't done anything after living for 24 years. What do you think you can do from now? If you get married, you'll have a baby. Do you know that? Who will feed the baby? Who will change the diapers?

Daughter: I think I can do those things with some help. My boyfriend will help me, and we'll do our best. He has a disability too, but he said he will help me.

Father: What are you talking about? You will just end up troubling people around you. When your child grows up, what would he or she feel looking at you two being different from other parents?  
The kids born to you will be miserable. Can you be responsible for your kids? A person with a serious disability like you cannot get married – there's no way!

### Role play (3) sexual abuse

Characters: a woman in a wheelchair (○) and a staff member (△)

Plot: A woman lives in a facility. The woman is having a meal with the help of a staff member.  
As the member helps her eat, he spills soup on her chest.

Staff member: It's time for your meal. What do you want to eat first? Soup?  
(While asking this question, he carries the soup cup to her mouth,)  
Oh no, I spilled some. I'm so sorry.

User: It's fine.

Staff member: But you're wet. I'll wipe you off with a towel.  
(While saying this, the staff member wipes her chest with a towel.)  
Wow (looking surprised). Looks like you've grown up. When did you get so big?

User: (looks down nervously)

Staff member: You've gotten so much prettier than before (while saying this, he strokes her head and hair).

## Role play (4) neglect

Characters: a facility user (○) and a facility staff member (△)

Plot: ○, who lives in a facility, needs the help of the staff to go to the bathroom, to take a bath, and to eat. ○ had a quarrel with Mr. △ and upset him. Today, Mr. △ is in charge again, and ○ needs to go to bathroom.

User: Mr. △, I need to go to the bathroom.

Staff member: What?

User: I need to pee. Please.

Staff member: Wait. I'm coming now. Wait a moment.

User: Quickly, please.

Staff member: I have to help three other people. I am busy. Just wait a minute.

User: But I'm going to wet my pants (squirming).

Staff member: I told you I'm busy. If you are so impatient, why don't you wear diapers?

## Role play (5) money exploitation

Characters: a daughter with a disability (○) and her mother (△)

Plot: Ms.○, who has a disability, lives with her parents. Ms.○ receives pension, and her mother has kept it so far. Ms.○, who wants to get her driver's license, told her mother she wants money.

Daughter: Mom. I have something to discuss with you.

Mother: What's the matter?

Daughter: I want to get a driver's license. You've kept my pension, right? I want to use the money.

Mother: Oh, right, the pension.

Daughter: I think I need about 300,000 yen. Would you withdraw the money for me? Since I haven't used the pension in years, there must be a substantial amount by now.

Mother: Well, I have to ask your father. I can't make a decision by myself.

Daughter: But the pension belongs to me.

Mother: But your father and I are taking care of you.

Because he works hard, we can live like this. Do you understand that?

Daughter: I know, but...

Mother: Do you know that the company your father delivers products to has gone bankrupt?

Daughter: Yes, I do.

Mother: Because of that he wasn't paid by the company, so he used your pension. He has three employees and he has to pay wages to them, you know.

Daughter: Then you used my pension? How much was there?  
Mother: 3 million yen.  
Daughter: I was going to use only 300,000 yen, and now there's no money?  
I wanted to become independent by getting a driver's license.  
Mother: Your father takes care of you, so you shouldn't complain.

### Role play (6) composite case

Characters: a woman with an intellectual disability (○) and her superior at a company where she works (△)

Plot: ○, who has an intellectual disability, works for a company. At the company, people dine out together on payday. ○ goes out with her superior / division chief, Mr. △ and colleagues, and they have just finished eating.

Division chief: We had a good time today. Thank you for your hard work (while saying that, he parts from his subordinates.)

Woman: I must be going now (while saying this, she tries to leave.)

Division chief: ○, please wait.

Woman: Well, I have to leave now...

Division chief: The charge for today's food is expensive, and I don't have money now. Would you please lend me some?

Woman: This happened last time too.

Division chief: I'm sorry, just this once. Please.

Thank you. I appreciate.

OK. You lent me money, so I am going to take you to Karaoke.

Woman: But I have to go...

Division chief: I am kindly offering to take you, so come with me.

Woman: Division chief, the karaoke shop isn't this way. Where are we going?

Division chief: Don't worry – just come with me (while saying this, he tries to take her to another place by taking her hand.) What do you think of me?

Woman: I think you are kind.

Division chief: Then it is OK, right?

Woman: What are you talking about?

Wait a minute. That says "hotel."

Division chief: It's OK. You're old enough, and you need this kind of experience too.

Woman: What do you mean by this kind of experience?

Division chief: Nobody else wants to be with you. Just be quiet and come with me (while saying this, he forcefully pulls her to the hotel).

## Step 2 role play

### Role play (7) marriage, external suppression

Characters: a woman in a wheelchair (○), her boyfriend with a disability (△), stewardess (□), commentator (×)

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Plot: The couple plans a trip and travels to Okinawa, but troubles occur. Wheelchair users receive various restrictions, which make them depressed.

Commentator: The couple is about to go on a trip, which they planned long ago and have been looking forward to. However, she does not seem too excited, as her parents are strongly opposed to her getting married.

Boyfriend: Hi. We want to go to Okinawa.

Stewardess: Have you made reservations?

Boyfriend: Yes. For (△) and (○).

Stewardess: Mr. (△) and Ms. (○), right? (very politely). I am very sorry, but wheelchair users have to sit at seats we designate. Also, before you get onboard, I would like to ask a few questions regarding the name of your disability and your condition. What is the name of your disability?

Boyfriend: Wait a minute. Can't we be seated together? Why not?

Stewardess: I am sorry, but wheelchair users' seats are already decided.

Woman: Why? I've been looking forward to this trip... Please make an arrangement for us to be seated together.

Stewardess: I am sorry, but it is our regulation. Excuse me again, but what is the name of your disability?

Woman: I don't want to tell you. Even if I tell you, you won't understand my disability, will you?

Stewardess: We ask all passengers with disabilities for the safety of other passengers on the plane.

Woman: I need help only when I move from my wheelchair to my seat.

Stewardess: Ok, I understand. Then please switch to this wheelchair and wait. When it is time for you to get on board, an employee will come to get you.

Woman: I don't like to switch wheelchairs. We still have time until departure. I cannot move around unless I am in my own wheelchair.

Stewardess: Is that so? However, it takes time for us to load wheelchairs onto a plane, and space inside the plane is very limited, so we need you to switch to our wheelchair.

Boyfriend: Please let her stay in her wheelchair until the departure time.

Stewardess: Then please come back here by one hour before departure.

Couple: One hour before departure time? (slightly surprised, but just give up). Ok.

Commentator: Even though the couple has been looking forward to this trip, they had to be seated separately. The woman also had to switch to another wheelchair in which she could not move around.

### Role play (8) marriage, internal suppression

Characters: a woman in a wheelchair (○), her boyfriend with a disability (△), commentator (□)

Plot: The woman lost her confidence in getting married because of her parents' opposition. On the other hand, her boyfriend's parents spent his pension without his permission. They say his brothers will take care of him.

Commentator: During this intended pleasant trip, the couple is having a serious discussion. What will happen to them after this trip?

Woman: I told my parents about the marriage, and they were extremely against it. My father got so frantic that I cannot even talk to him.

Boyfriend: It was that bad?

Woman: My father yelled at me so loud. I have never seen my father like that. I was so scared that I couldn't say anything.

Boyfriend: Why are they so against our marriage?

Woman: I was told that because I cannot do anything by myself, we will be in trouble if my partner is also disabled. I said we will help each other and take care of cleaning and cooking together, but...

Also, they talked about our finances. They asked if you have a job and how we can make a living. I said both of us receive pension and we will be able to live with that, but they said marriage is not that easy.

Boyfriend: Actually, speaking of pension, my parents have been in charge of my pension. I wanted to be independent someday, and I was planning to use the pension for that. But when my older brother got engaged last year and decided to expand the house, it seems they used my pension for that. My parents said they used my money and in exchange, I could use my brother's room. They said that I would most likely be taken care of by his wife, so it is only natural for me to make such a contribution. I got really upset.

Woman: What? That's terrible. How much was it?

Boyfriend: I think there was about 3 million yen. I have saved it for a long time, thinking of

using it for us to get married.

Woman: So it's all gone?

Boyfriend: All gone without my knowing. I got really mad and said they should not have used it without my permission. Plus, I am supposed to be taken care of by my brother and his wife? They shouldn't decide how I live – it's my life, I said. Because I got so upset, my parents were surprised and they apologized. Actually, my father lost his job because of his company's restructuring with the sluggish economy. Still, they wanted to look good when my brother got married, using my pension.

Woman: I wonder if they'll return the money to you.

Boyfriend: Probably not. We can't even rent a house without the money to get married with. What shall we do?

Woman: I don't think we are asking much. We just want to live together. I wonder if getting married is considered a luxury for people with disabilities. I kind of lost my confidence.

### Step 3 role play

#### Role play (9)

I came here to find out if there is such a thing.

Consultant: Well, I think you should take more time and work to have your parents understand you. I think your parents are very concerned about you two (talking politely and with great concern).

Woman: (slightly frustrated) How long do we have to discuss this to obtain their understanding? We've talked about this many times already.

Consultant: I see. For example, I recommend practicing cooking and laundry, or looking for a job. Then your parents might understand.

Woman: For sure, I won't spare any effort to practice such things, but there is something we cannot do by any means. So we want to live together and help each other (looking getting slightly upset). With this slow economy, nobody will hire disabled people like us. That's why we are here to consult with you. If we can't get married without having to do everything by ourselves, we will never be able to get married (starts to cry).

Consultant: Oh, my goodness! Don't cry. Calm down.  
Anyway, try to discuss things more calmly and take time to gain your parents' understanding. What do you think of continuing your relationship as friends?

Boyfriend: (looking offended) We said that we want to get married. What do you mean by continuing our relationship as friends? Let's go. I am getting upset.  
(The couple leaves).

#### Role play (10) marriage, consultation center B

Characters: a woman in a wheelchair (○), her boyfriend with a disability (△), consultant B (□), commentator (×)

Plot: The couple visits a consultation office at XX Center, but got upset and left. Still, they wish to get married and decide to visit the consultation office at the Center for Independent Living where persons with disabilities work, according to advice from his friend.

Commentator: While encouraging ○, who completely lost confidence in marriage, △decided to visit the Center for Independent Living, which their friend introduced.

Boyfriend: Hey, my friend told me to consult the Center for Independent Living. Let's try.

Woman: I am sick of consulting with people. They don't understand our feelings at all. The other day I felt like I was talking to my parents and they were preaching me. Maybe it's impossible for us to get married.

Boyfriend: I know it was upsetting the other day, but let's not give up – we'll go to another

place.

I heard that a disabled person will talk to us there.

(The couple visits a local Center for Independent Living)

Couple: Hello.

Consultant: Hi. Please come in. Do you have anything to consult with us?

Boyfriend: Yes. We want to get married, but our parents are against our marriage.

Woman: (thinking they will not understand either, and exploding with emotion)

If I cannot do everything by myself, does it mean that I cannot get married? Unless I can do all of the cleaning, cooking, and laundry perfectly, does it mean that I cannot get married? If so, we'll never be able to get married (she bursts into tears).

Consultant: Are you OK? You must have had a tough time. It's ok to cry.

Boyfriend: We don't have money either. We have been dating for 3 years. We have discussed our marriage with our parents many times, but they only say "no way, it's not possible." Our parents are against our marriage and we don't have money. Under such circumstances, she has lost confidence.

Woman: Is it impossible for people like us to get married? How do others do it?

Consultant: It is not true that you can't get married unless you have a job or you're capable of doing household work perfectly. Independence as defined by us, the Center for Independent Living, is "to make a decision on your own," and "to be the leading character of your life."

For example, look at this photo (the consultant shows the PPT photo). These people got married in October last year. Don't they look really happy? This woman has a severe disability and cannot do cooking or laundry on her own. Her husband also has disabilities in his hands and legs. He can take care of himself, but he is not capable enough to help her. The couple came to our Center for Independent Living for consultation and now lives while receiving personal assistance service. She decides the day's menu, and prepares meals with her seasoning.

He used to work for a printing company, but he got sick and he now goes to a local work facility for persons with disabilities.

Boyfriend: I am in the same situation. I was fired, and I now go to a work facility for persons with disabilities, but I don't receive wages - only a very small allowance. At the XX Center, which we visited previously, we were told that we should find a job if we want to be understood. However, nobody will hire me because of the slow economy. In reality, we can't live without money. We just don't know what to do.

Woman: I also practice cleaning and laundry, but I'm not physically capable of doing that kind of work every day. If I say so, my parents will be even more against our marriage, so I don't tell them. Do you know of some service, such as volunteers who can help us?

Consultant: Well, a volunteer service is ok, but you need help on a daily basis, so why don't you use a helper system? Please look at this.

### **Systems that can be used anywhere in Japan**

@ Independent Living Support Law – go to a municipal information desk anywhere in Japan

@ Welfare benefits (Public assistance); – a municipal information desk

Subsidy not only for daily living but also for personal assistance expenses is available.

### **Systems that can be used in some regions**

@Self-selection-style registered helper system

@Systemic caregiver dispatch project

@Guide helper project

Consultant: The couple I showed you earlier has also realized a marriage life using these systems. This woman has speech impediment, and only a few helpers understand her disability. So a person introduced by the Center for Independent Living is registered as her helper, and the same person is sent for personal assistance every day. This is the self-selection-style registered helper system.

As for living expenses, you can go on welfare if you don't have income. However, you may receive various restrictions by going on this, so I will explain the details if you are interested in using this system.

In Tokyo, if both of you receive Disability Basic Pension, there are systems available that you can use to receive assistance without going on welfare.

Boyfriend: I'm beginning to see some hope.

Woman: Yes. We thought we couldn't get married. I'm glad that we didn't give up. Still, I wonder if our parents will understand.

Consultant: We also have a program for independent living, if you need it. Why don't you make a program to persuade your parents?

Couple: What? We can even do something like that? Please.

Woman: We can finally get married, can't we? (looking happy)

Consultant: If you need other information, please consult us. If there is anything you don't understand, we will go over it together. If necessary, you can see how the couple actually lives and ask them questions.

Woman: We can do that too? We are concerned about many detailed things. If we can meet them, I want to ask them many questions. Please introduce us to them.

Consultant: Sure. I will ask the couple when it is convenient for them.

Boyfriend: I'm so glad that we came here instead of giving up. I am so happy. I feel like my life has suddenly brightened up.

Couple: Thank you so much.

Commentator: While praying for the best and happiness for the couple who, instead of giving up, consulted their friends, obtained information, and made the first step toward realizing their marriage, our role play comes to an end.