



## **Resources for Independent Living, Inc.**

**4009 Fitzhugh Avenue Suite 100  
Richmond, VA 23230  
804-353-6503  
804-353-6583 TTY**

**Hours: Monday-Friday 8:45am-4:45pm**

Is now providing assistance to individuals with disabilities to get a family abuse protective order by using I-CAN!, an interactive Internet based service.

### **What is I-CAN**

**I-CAN! (Interactive Community Assistance Network)** is designed to provide the opportunity for people to complete court forms for a Family Abuse Protective Order. A link to the I-CAN! website can be found on the Resources for Independent Living Website: [www.ril-va.org](http://www.ril-va.org)

### **A Family Abuse Order of Protection**

- This form is what you will take to court if a **family or household member** is hurting you.
- It is a legal document signed by a judge or magistrate that may state there should be no further contact from the individual that is hurting you.

**If you are in immediate danger please call 911!**

**If you would like to speak with an advocate about domestic violence anytime of the day or night please call the  
Family Violence and Sexual Assault Virginia Hotline - 24 Hours a Day  
V/TTY 1- 800-838-8238**

## **How Do I Get Started To Get A Family Abuse Protective Order?**

To get a protective order, you need to have some forms filled out. You can practice completing the forms by going to the I-CAN! website.

To complete the forms by yourself go to:

- The Resources for Independent Living, Inc website at [www.ril-va.org](http://www.ril-va.org)
- Click on the link that says “I-CAN! website”
- After completing the forms, the forms need to be taken to Court. The judge will then decide if you receive the Family Abuse Protective Order.

Or

For assistance completing the forms contact  
Resources for Independent Living, Inc.

(804) 353-6503  
TTY (804) 353-6583