

ONLINE DATING WHEN YOU HAVE A DISABILITY

Getting Started

Before you start, know what you want in a relationship.

Choose a Site

Fee based sites are usually more secure.

Sites for people with disabilities

- **Dating4Disabled** - Free or fee. One free credit every month to answer one message
- **MySpecialMatch** - fee 
- **Soulfull Encounters** - one-time \$5 fact checking fee
- **Special Bridge** - fee
- **Whispers4U** - free or fee



Some sites can match people with or without disabilities.

Most have a fee.

Popular sites:

- **Match.com**
- **Zoosk**
- **eHarmony**

By providing links to other sites, The Arc Minnesota does not guarantee, approve, or endorse the information or products available on these sites.

Build Your Profile

Things to consider:

- Interests



- Hobbies



- Plans for the Future



- Your idea of a perfect date



- Be honest about your disability. Mention it if it affects your life.



- 2 pictures: a close-up of your face & one farther away



Chatting

Send messages to people you find interesting.

- Say more than “Hi”. What do you like about the person's profile?



- Talk about things you have in common.

- Ask a question. If they say they like music, ask about their favorite group.



- If someone makes you feel uncomfortable or unsafe, you can:

- send a message saying you are not interested
- block their messages
- report them to the website

not interested



- You do not need to keep talking to someone who makes you feel unsafe.

Dating

- If you are not learning more about them, or they do not want to meet for months, it might be best to keep looking.
- Meet someone in person when you are ready.
- Meet at a public place.
 - meet for coffee or ice cream. If the date goes badly, you can finish your coffee, or ice cream, and leave.
 - go bowling.
 - go to a sporting event.
- Keep first dates short.
- Tell a friend when and where you are going.
- Do not get a ride from your date





Caution

Watch for Scams

Be careful or stop talking to someone if they

- ask for money for any reason
- say they are from the United States but are living or traveling in a different country
- say they are recently widowed with children
- disappear suddenly from the site. Picture shows up under a different name.
- do not answer questions
- use too much sweet talk
- use romantic talk right away
- pressure you to provide your phone number or talk outside the dating site
- ask for your home or work address to send flowers or gifts
- tell stories that are exaggerated or keep changing



Trust your gut feelings



Caution

Some people may not tell the truth about

- their age
 - their gender
 - what they look like
 - if they are single.
- They may be married.

Report to dating site if someone

- asks for money
- asks for pictures
- asks you to send naked pictures
- is a minor
- sends threatening or nasty messages
- attempts to threaten or control you in any way
- seems to have created a fake profile
- tries to sell you products or services

