

## Support and Healing from Abuse

When those we love and trust abuse us, the pain can seem overwhelming.

We at Alexandra House understand that it can be difficult to talk about what is happening at home.

You may be afraid to reach out for fear that no one will believe you, or you may feel that you should keep family matters private. But you do not deserve to be abused, no matter what.

Alexandra House is committed to ensuring those experiencing abuse age 50 and over find the support and resources they need to recover and thrive.

***It's not your fault and you are not alone.***

***You don't have to leave your home to come to ours. We offer a wide range of advocacy and support services in the community. Whether you just want to explore your options or need someone to help you actively plan for your safety, we can help.***

*"This project was supported by Grant No. 2018-EW-AX-K001 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women."*

## Resources

- In an emergency call 911
- 24-Hour Helpline and Emergency Shelter - 763-780-2330
- Alexandra House Elder Abuse Services Program - 763-795-5479
- Anoka County Adult Protective Services - 763-324-1410
- Anoka County Attorney's Office Victim Witness Program - 763-324-5540
- MAARC MN Adult Abuse Reporting Center - 844-880-1574
- Minnesota Elder Justice Center - 651-440-9300

763-780-2330

[alexandrahouse.org](http://alexandrahouse.org)



# Alexandra House

## Elder Abuse Services



Alexandra House  
Working to end domestic and sexual violence.

Alexandra House  
Working to end domestic and sexual violence.

# 24 Hour Helpline and Shelter

## 763-780-2330

### Abuse in Later Life

Abuse in later life is physical, sexual, or psychological abuse, neglect, financial exploitation, or stalking of an adult age 50 years or older where the victim is in an ongoing, trusting relationship with the abusive person such as a spouse, partner, family member, or caregiver.

### Who We Are

Alexandra House is a non-profit, community based organization located in Blaine and Anoka which provides 24-hour emergency shelter, support services and community advocacy to people, of any gender, or sexual preference who have experienced domestic and sexual violence.

### Mission

*To empower victims of domestic and sexual violence, and inspire social change, through education, support, and advocacy.*

You have a right to dignity, safety, and security. Is someone you love or trust harming you in any of the following ways:

- Isolating you by keeping you from friends or family
- Controlling where you go by refusing to provide transportation to your faith community, social groups, visits to the doctor
- Controlling what happens with your money, or using your money for themselves
- Hiding your assistive devices such as eyeglasses, walkers, hearing aids
- Stealing from you
- Threatening to leave you or put you in a nursing home
- Hurting your pets
- Hitting, shaking, pushing, burning, or choking you
- Touching you in ways or places you do not want to be touched
- Withholding food, water, medication, in-home care, or other needed goods or services

An advocate can meet with you to provide ongoing support including:

- Navigating legal systems and finding reduced cost legal aid
- Arranging transportation to meetings and appointments
- Providing safe, emergency shelter
- Helping explore housing options
- Offering resources for financial assistance
- Linking to government or community –based programs, and aging services providers for additional services
- Offering emotional support and support groups
- Connecting with social supports such as community centers, faith communities, and social groups
- Interpreter services are available

**All services are free and confidential.**

