

Support and Healing from Abuse

When the people you love and trust hurt you, it can be an overwhelming experience and feel like a betrayal. It can be difficult to talk about what is happening.

You are not alone.

You may be afraid to ask for help because you think that no one will believe you, you don't want to get anyone in trouble, or you believe what's happening is a private family matter. It's important for you to know that ***you do not deserve to be abused, no matter what.***

We are here to help.

Alexandra House is committed to ensuring that you receive the support and resources you need to be safe.

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

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Alexandra House

24-Hour Helpline | Emergency Shelter:
763-780-2330 | alexandrahouse.org

- Elder Abuse Services: 763-795-5479



Scan the QR
code to go to
our website.

Resources

- MAARC MN Adult Abuse Reporting Center: 844-880-1574
- Anoka County Adult Protective Services: 763-324-1410
- Anoka County Attorney's Office Victim Witness Program: 763-324-5540
- Minnesota Elder Justice Center: 651-440-9300



Alexandra House

Elder Abuse Services



Alexandra House
Working to end domestic
and sexual violence.

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24 Hour Helpline and Shelter

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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 Andover, Anoka, and Blaine that provides 24-hour emergency shelter, support services, and community advocacy to people of any gender or sexual preference who have experienced domestic, sexual, or relationship violence or elder abuse.

Mission

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

You have the 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, in-home care, medication, or other needed goods or services

1 in 10 older adults in America aged 60+ have experienced some form of elder abuse in their lifetime.

Journal of Elder Abuse & Neglect | January 2017

Help is available. An advocate can meet with you to provide ongoing support including:

- Navigating legal systems and locating legal resources and assistance
- Assisting with transportation
- Providing safe, emergency shelter
- Helping explore housing options
- Offering resources for financial assistance
- Connecting to government or community-based programs for additional services
- Providing 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.

