

## There is help.

It can be difficult to talk about what is happening to you, especially when it involves a family member or caregiver.

If you have questions or want to talk to someone, please contact a local organization such as the Rape and Abuse Crisis Center.

All conversations are confidential and there is no cost to you.

**For Support and Assistance  
Please Call the  
Rape and Abuse Crisis Center  
of Fargo-Moorhead  
(701) 293-7273  
Phone answered 24 hours a day**

**If you are in immediate  
danger, call 911**



**rape and abuse  
crisis center**  
advocacy, counseling, education.

## Resources are available.

If you are being hurt or feel afraid, please talk to someone you trust or contact one of these agencies:

**Emergency  
Call 911**

**Rape and Abuse Crisis Center  
of Fargo-Moorhead  
24-hour Crisis Line  
(701) 293-7273**

**Cass County Adult Services  
(701) 241-5747**

**Clay County Adult Services  
(218) 299-5200**

**Fargo Police  
(701) 241-1437**

**Moorhead Police  
(218) 299-5120**

**Cass County Sheriff  
(701) 271-2900**

**Clay County Sheriff  
(218) 299-5151**

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# It Shouldn't Hurt to be Older



**Important information  
for people age 50 & over**



## What is abuse?

*Abuse may include one or more of the following*

- Physical
- Sexual
- Emotional
- Psychological
- Neglect
- Financial exploitation

*The abuser may be*

- A spouse or partner
- Adult child or other family member
- A caregiver
- Another trusted individual

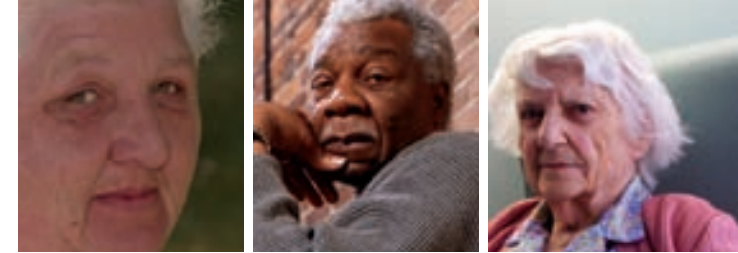
*Abuse may occur in*

- Private residences
- Public and facility settings

## How do I know if I am being abused?

*Your partner, family member, or trusted caregiver...*

- Embarrasses you by calling you bad names or putting you down
- Looks at you or acts in ways that scare you
- Controls what you do, who you see, or where you go
- Controls your money or legal documents
- Makes all of the decisions without your input
- Threatens to hurt you or self
- Destroys, damages, or gives away your property
- Shoves, slaps, or hits you
- Keeps details about your finances or property from you
- Neglects your physical, medical, or emotional needs
- Takes money that you need to pay your bills
- Acts like everything is fine when it's not



## What should I do if I think I am being abused?

- Call 911 or the police if you feel you are in danger
- Tell someone
- Don't be ashamed to ask for help
- Talk to your doctor
- Talk to another trusted individual
- Contact a local agency such as the Rape and Abuse Crisis Center  
**(701) 293-7273**



**rape and abuse  
crisis center**

advocacy, counseling, education.

Free & Confidential 24-Hour Crisis Line  
(701) 293-7273 (800) 344-7273

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