

Concerns About Vulnerability or Safety for an Adult

If you are worried that an adult may be **unable to care for themselves or may be at risk of neglect, abuse, or exploitation**, Minnesota has resources to help.

Family members, friends, neighbors, and healthcare providers can **seek guidance or make a report**. Reports are not **punitive** — they help professionals assess safety and connect adults to needed support.

When to Seek Help

Reach out if an adult:

- Cannot meet basic needs (food, hygiene, medications)
- Has **memory loss or confusion** affecting safety
- Is being **financially exploited or manipulated**
- Shows signs of **neglect, abuse, or self-neglect**
- Lives in conditions that threaten **health or safety**

Report Concerns or Ask for Guidance

Minnesota Adult Abuse Reporting Center

- Receives reports of suspected abuse, neglect, or financial exploitation of vulnerable adults
- **Phone:** 1-844--880---1574 (available 24/7)

You can call to:

- Report suspected abuse or neglect
- Ask questions if you are unsure
- Seek guidance about next steps

You do not need proof to report — concern is enough.

Local County Resources

County human services can **assess safety concerns and connect adults to support services**:

- Blue Earth County Human Services – 507-304---4319
- Nicollet County Health and Human Services – 507-934---8559
- Le Sueur County Human Services – 507-357---8288
- Brown County Human Services – 507-233---6600

These offices can help with:

- Safety assessments
- In-home support services
- Case management and assistance programs

Medical Concerns

Primary care providers can:

- Evaluate **cognitive or functional changes**
- Recommend **community resources**
- Document concerns if additional services may be needed

Family members can **share concerns with the clinic**, even if the clinic cannot share private medical details back without the adult's permission.

Immediate Danger

Call **911** if there is:

- Immediate safety threat
- Medical emergency
- Suspected active abuse or violence

Situations Families/Friends Commonly Ask About

When someone refuses help but isn't safe

Adults generally have the right to make their own decisions, but if safety is seriously compromised, trained professionals can **assess and offer supportive services**.

When guardianship or conservatorship may be considered

If an adult can no longer safely manage health, living, or finances, a court may consider appointment of a **guardian or conservator**. County human services or an elder law attorney can provide guidance.

Honoring Choices and Advance Directives

Encourage adults to complete an **advance directive** — a legal document that expresses their health care wishes and designates someone they trust to make decisions if they can't speak for themselves. Completing this helps ensure their **choices are honored** and can reduce uncertainty for family.

You can download the **Honoring Choices Minnesota Short Form Health Care Directive (2 pages)** here:

<https://www.honoringchoices.org/health-care-directives.html> (Scroll to “Short Form Health Care Directive” to download)

Important to Know

- Reports are **not punitive** — they allow trained professionals to evaluate and support adults safely.
- The goal is to **protect safety while respecting independence and personal choices**.