

## **Senior Safety:**

### **When you are out:**

- If you have to carry a purse, hold it close to your body, and do not let it hang from your arm. A dangling pocketbook is like a neon light to a purse snatcher.
- Never carry your wallet in your back pocket. Put wallet in an inside jacket pocket or front pocket.
- Avoid dark deserted routes, even if they're the shortest
- Carry small amount of change for emergency telephone calls, or use a telephone calling card. Have money for emergency for transportation.
- Whenever possible, travel with friends to stores, the banks, or the doctor. Check for escort services with your local senior center.
- When using the bus or public transportation, sit near the driver if possible.
- Don't overburden yourself with packages or groceries, that obstruct your view and make it hard to react.
- Have your car or house keys firmly in hand when approaching your car or home.
- If possible, carry a shriek alarm to alert others in the area that assistance is needed.
- When you drive, keep your windows up and doors locked. Park in well-lit areas. Be wary of strangers who offer help, if you experience car trouble. Ask them instead to call for help.
- If a friend or a taxi takes you home, ask them to wait outside until you are safely inside.
- Communicate the message that you are calm, sure of yourself, and sure where you are going. Trust your instincts. If you feel uncomfortable in a place or situation, leave.

### **When you are at home:**

- Keep your doors locked at all times, even when you are inside.
- Protect windows and sliding glass doors with good locks or other security devices.
- Make your home appear occupied when you go out. Use a light timer and a radio.

- Never let strangers in your home without checking their identification. Call their company if you are unsure. For instance if the stranger at the door says he/she is from the water. dept., or gas company, call the company number to check if that workman is indeed in your neighborhood.
- If you live alone, don't advertise it. Use only your first initial in the phone book, apartment lobbies, and/or any directories.
- Get to know your neighbors, and their phone number in case of an emergency.
- Work out a "buddy" system with a friend to check on each other daily.
- Engrave your valuables with identification. Keep bonds, stock certificates, seldom worn jewelry, and stamp and coin collections in a safe deposit box.
- Don't hide house keys under a doormat or any obvious place. These are the first places a burglar will look.

**Regarding Money:**

- If you receive checks in the mail regularly, arrange for them to be deposited directly to the bank instead.
- Avoid carrying large sums of money. If you have to carry a large sum, have a second person accompany you.
- Don't display large amounts of cash in stores or other public places.
- Don't sign a contract or check until you're sure it's for a legitimate reason and you know the details. Check with a friend or a lawyer if in doubt.
- Never put your purse or wallet on a counter while you examine merchandise in a store, and never leave a purse unattended in a shopping cart while you shop for groceries.
- Don't resist if the attacker is after only your purse or wallet, or other valuables. Your life and your safety are worth more than your possessions