

SAFETY FOR PEOPLE WITH DISABILITIES



DAY TO DAY

- Stay alert and aware of your surroundings no matter where you are.
- Let your appearance reflect that you are calm, confident, and know where you are going.
- Know your limitations; avoid places that would put you at risk because of them. Always trust your instincts. If people or locations are making you uneasy, leave or stay away.
- Know your neighborhood. Be aware of the locations of police and fire stations, and hospitals. Also, know what restaurants and stores in your area are open late.
- Avoid creating a daily pattern; if possible, vary your routes from time to time. Repeated paths increase your vulnerability.

GOING OUT

- When traveling, go with a friend if possible.
- Stay in well-lit areas and on heavily traveled streets. Avoid routes that take you through parking lots, alleys, or other dark vacant areas.
- When carrying a purse hold it close to your body. Always carry a wallet in an inside coat or front pant pocket, never in a back pant pocket. If using a wheel chair, make sure to keep your purse or wallet next to you in the chair.
- Always carry your medical information in case of emergency.
- If possible, carry a cell phone.
- Make sure that someone knows where you will be and when you will be back.

BUSES AND TRAINS

- Use well-lit stops. If your stop is not or if it is isolated, have someone meet you there.
- Stay alert and aware of your surroundings.
- If someone harasses you, be loud and bring attention to the situation. If you need to, use the emergency button on the bus or train.
- Pay attention to who gets off on your stop with you. If you think that you are being followed, head somewhere that you can get help: a restaurant or open store.

COMMUNITY RESOURCES

Emergency/Crimes in Progress

9-1-1

Police Non-Emergency

(801) 799-3000

Fire Department

Non-Emergency

(801) 799-4231

Police General

Information

(801) 799-3100

Community

Information Line

2-1-1

Adult Protection Services

(801) 264-7669

Victim Advocacy Line

(801) 799-3756

AT HOME

- Make sure that your doors have good locks and peepholes at your eye level.
- Use a peep-hole when someone comes to the door. Never open the door for someone you do not know.
- Keep windows and doors secured. Limit open windows to 6 inches and install a security device to prevent them from being opened further.
- If you have difficulty speaking, keep a recorded message next to your phone that includes your name, address, and type of disability. You may need to use this in case of emergency.
- Have your local police department conduct a free home security survey. This can help assess your individual needs.
- When arriving home, do not enter if it looks like someone has forced entry while you were away. Go to a neighbors house and call the police immediately.
- Call the police if you observe a suspicious stranger. Observant neighbors can keep a neighborhood safe.