SAFETY TIPS FOR SENIORS

AT HOME

• Always keep your house doors and windows locked. Install deadbolts if possible.
• Do not leave a hidden key outside.
• Have peepholes installed at your eye level; use them whenever someone comes to your door.
• Keep windows and doors secured. Limit open windows to 6 inches and install a security device to prevent them from being opened further.
• Do not let anyone into your house that you do not know. Make sure to get ID for deliveries or other services; if you are wary of who is at your door, check with their company before you let them in.
• Keep your house well-lit on the inside and out. Close your blinds to prevent any passer-bys from seeing in.
• Make sure that your house number is visible in case of emergency.
• Consider having an alarm system installed that will monitor for emergencies.
• Improve your neighborhood and get to know your neighbors by volunteering.
• Report any suspicious activity to the police or other authorities.

GOING OUT

• Go out with family or friends instead of alone when possible.
• If it is possible, carry a cell phone in case of emergency.
• Always trust your instincts. If people or locations are making you uneasy, leave or stay away.
• Stay alert and aware of your surroundings no matter where you are.
• 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.
• Don’t carry any valuables that you do not need, such as large amounts of cash or credit cards that you do not intend to use on your outing.
• Whether on foot or in a car, stay on well-lit routes and on heavily traveled streets. Avoid routes that take you through vacant or isolated areas.
• Always lock your car, whether you are driving, the passenger, or parking.
• If you receive a ride home, ask the driver to wait in the driveway until you are safely inside.
• 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.
• Have your house or car key ready in your hand before you reach the door.

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 |
| Neighborhood Watch (801) 330-0224    |
| Community Information Line           | 2-1-1               |
| Domestic Violence (801) 799-3756     |
| Adult Protection Services (801) 264-7669 |

WATCH FOR FRAUD

• Be wary of who you give your personal information to. Watch for con artists.
• Never give your bank account, credit card, or social security information to anyone over the phone unless you initiated the call.

MORE TIPS

• Know the location of the nearest hospitals, police and fire stations in your neighborhood. Keep a list of emergency numbers by your telephone.
• Be aware of your limitations; avoid places or situations that could put you at risk. Trust your instinct, if you feel uneasy about a situation find help.