

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.

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

- 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.

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.
- Any legitimate business will have practices in place to prevent the need for you to give personal information over the phone. Ask for payment options that do not require payment by phone.
- If you believe that you are the victim of fraud, call the police department to report the crime.

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.

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.