

SAFETY TIPS FOR SENIORS

Senior Alert

Statistically, more and more seniors are becoming crime victims due to fraud and con artists rather than physical assault or burglary. Yet, all these areas need to be covered with the older American in mind. The following **SAFETY TIPS FOR SENIORS** will help you to minimize the risk of becoming a victim of fraud, con games or any other unlawful affront to your security and peace of mind.

Scan Alert

If it sounds too good to be true, it most likely is. Don't fall for it. What to watch out for? Be cautious about "free" vacations, sweepstakes, prizes, miracles cures, and investment schemes promising high returns for little money.

Be wary of salespeople who call you to solicit business. Never give credit card, phone card, social security or bank account numbers over the phone to any person or organization soliciting from you.

Don't allow "quick closers" to pressure you into signing any contract or sales agreement without having it checked out by an authority in the field whom you can trust.

Street Alert

Follow these tips when out of the home:

- 1) Go with company – never alone. Muggers and other predators in the street always look for the easiest and most vulnerable mark. Don't let it be you. There's safety in numbers.
- 2) Women should carry their pocketbooks securely against their bodies, not hanging loosely by the straps. Wallets should be tucked safely away in inside coat pockets or pants front pockets. Don't carry large amounts of cash or wear jewelry that will attract attackers.
- 3) Keep car doors locked when traveling on the road. While in busses or subways, sit near an exit or close to the driver. Use your instincts. If someone or something makes you feel uncomfortable, leave the area. Get away.
- 4) Always park your car in high visibility, well-lit spaces. Even if you have to walk a bit further to your final destination, this precautionary measure could prevent a lot of grief. At home, always close and lock your garage doors.

Get Involved

The best defense is a good offense! Join a neighborhood watch in your community to help the police and to keep the area safer for everyone. You can make a difference in your neighborhood.

Be watchful and alert during your daily routines. Keep an eye out for possible problems or criminal activity. Take note of suspicious cars or trucks in the neighborhood. Look out for strangers loitering in the area or appearing too interested without justifiable

reasons – be prepared to jot down a license plate number or car make and model. Notify the police when your instincts tell you something doesn't appear right.

Home Alert

Have a home alarm system installed that provides you with emergency monitoring in case of fire, burglary or medical crisis.

Be sure your house number is highly visible and easily read so your home can be found quickly by police, fire or medical personnel.

Keep all doors and windows securely locked and don't hide extra keys outside under the mat, mailbox or other obvious place where thieves are sure to look. Install a wide angle viewer in all entrance doors to your home. Allow no one inside until they show proper identification and prove to your satisfaction that they are, in fact, service, delivery or utility personnel with a legitimate reason for gaining entry. If in doubt, phone their home office for verification.

Engrave ID numbers on all of your valuables and display a decal to notify burglars that you've done it. Also keep valuable items out of sight, so they can't be easily seen by outsiders through a door or window.

Don't tempt thieves by leaving valuable items outside the house. Put things like bicycles, ladders, lawn mowers, garden tools and sports equipment safely away when not in use.

Keep the trees and bushes around your home neatly trimmed with plenty of open space so would-be burglars can't use the foliage in your yard for cover.

Check with your local police or sheriff's department. Very often, they can be helpful in surveying your home for security considerations. They are trained to quickly spot areas that might need to be attended to.

Medical Alert

Keep the following information with you at all times: Doctor's name and phone number, medications, allergies, nearest relative's name and number, insurance information and any other personal information that may be needed in an emergency.

This information provided by Public Awareness Division, National Imprint Corporation, 11440 W. Sample Rd., Coral Springs, FL.