

# Safety Tips for Seniors

- Don't leave a note saying when you'll return.
- Lock doors and windows.
- Leave a radio on, preferably on a talk show.

### Plan Your Route.

- Choose a safe, well-lighted route to your destination.
- If possible, let someone know where you're going and when you should arrive.
- Avoid shortcuts and dark, isolated spots.

### Take a Friend.

- You're safer if you have company.
- Leashed dogs (large or small) are a deterrent to most suspects.

### Protect Your Valuables.

- Carry wallet inside pocket or on a chain attached to belt.
- If possible, leave purse at home. Use a fanny pack as an alternative.
- Carry your purse close to your body, not dangling by the straps. If it is snatched, you may be thrown to the ground and injured.
- Don't carry large amounts of cash or credit cards.

### When You Return.

- If possible, have driver wait until you are inside.
- Don't enter the elevator alone with a stranger.
- Have key ready.
- Be alert for anyone hiding nearby.

## CRIME PREVENTION IN YOUR CAR

### When Driving.

- Keep doors locked and windows up for safety.
- Keep purse and valuables out of sight.
- If harassed at an intersection, don't respond; drive away.
- Never pick up hitchhikers.

### When Parking.

- Park in a visible location close to your destination.
- Choose an area that will be well lit when you return.
- Lock doors and roll up windows.
- Keep valuables out of site or locked in trunk.

### When Returning to Your Car.

- Have car keys ready.
- Be alert for anyone hiding behind nearby cars.
- Before entering, check the back seat and floor to be sure no one is hiding inside.

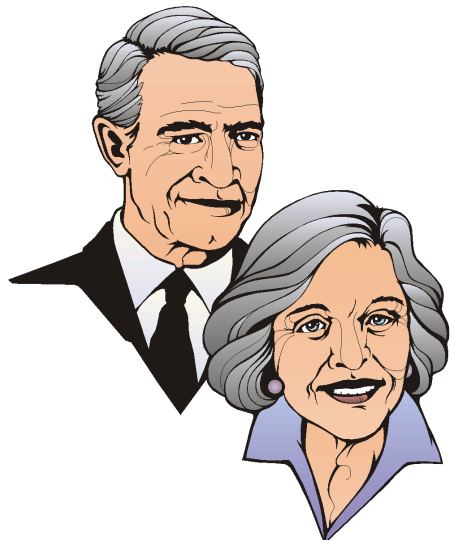
### When Your Car Breaks Down.

- Raise the hood, turn hazard lights on and stay inside. Keep doors locked.
- If strangers stop to help, stay inside your vehicle and ask them to alert the police or a tow truck for you.
- Never go with strangers for help.

Tucson Police Department  
[www.tucsonaz.gov/police](http://www.tucsonaz.gov/police)

### You can help prevent crime by being:

- **ALERT**
- **AWARE**
- **CAUTIOUS**
- **SELF-CONFIDENT**



### Tucson Police/Fire Numbers

Emergency ..... 9-1-1  
Police Non-Emergency ..... 791-4444  
Fire Dept. Headquarters ..... 791-4512

**A**s people grow older, their chances of being victims of crime decrease dramatically. But a lifetime of experience, coupled with the physical problems associated with aging, often make older Americans fearful. Though they're constantly on the lookout for physical attack and burglary, they're not as alert to frauds and con games - which are the greatest crime threats to seniors today.

Want to conquer fear and prevent crime? Take these common sense precautions.

## CRIME PREVENTION AT HOME

### Report To Police

- any crime or attempted crime
- any suspicious activity
- **Give Details**  
-- physical description, special physical features, (scar, limp, etc.), clothing, license plate number, witnesses, etc.
- **Press Charges**  
-- when the criminal is caught. The police need everyone's help to stop crime.

### Keep Doors and Windows Locked.

- Install deadbolt locks.
- Choose locks which you can easily use.
- If key is lost, or if you move, have locks replaced.
- Don't attach ID tag to key ring.
- Keep all hidden entrances locked (garage, basement, attic opening, etc.)
- Draw curtains and blinds at night.



### Use a Peephole.

- Install one if necessary.
- Ask service people for ID before you open the door.
- **NEVER** open the door to strangers or let them know you're home alone. Remember, chain locks probably won't stop someone who's determined to get in.

### Secure Home Exterior.

- Trim back shrubbery that hides doors or windows.
- Make sure porches, entrances, house numbers, and yards are well-lighted.

### Protect Valuables.

- Keep money and securities in a bank.
- Have Social Security and pension checks deposited directly to your account.
- Participate in Operation Identification. Mark valuables with driver's license number. If this is your Social Security Number, have a new license issued with a



number that is not your Social Security Number. Use this number to engrave on your property.

### Use Telephone Sense.

- Don't give personal or financial information over the phone.
- If you have an answering machine, use it to screen out unwanted calls.
- Notify the police or phone company of threatening or harassing calls.



### Consider a Pet.

- A dog, even a small one, can provide excellent protection and good company if you're willing to care for one.



### Get Involved in Your Community.

- Get to know your neighbors. Organize a Neighborhood Watch.
- Learn how to recognize and report suspicious activity.
- Work together with the police department to reduce crime in your community.
- Volunteer at the Mesa Police Department. Call 480-644-2073 for information.

## CRIME PREVENTION WHEN YOU'RE OUT

### Secure Your Home

- Leave at least one light on — inside and out.
- Use a timer to turn lights on and off.