



CITIZEN'S CRIME PREVENTION ASSOCIATION OF NEWFOUNDLAND & LABRADOR

Senior Safety

It is extremely important for seniors to learn to protect themselves. Unfortunately, seniors are often the targets of many different crimes such as con artists, thefts, and assaults. There are some things that seniors can do, however, to ensure that they do not become victims.

At the Door

- Have a one-way peephole installed
- If the person at the door is not someone you recognize, don't open the door. Ask for identification and call the organization they represent for verification.
- If they refuse to show identification and refuse to leave, call the police and/or building manager.
- Have your door locks checked by a professional locksmith and upgraded to provide the best level of security available.

On the Phone

- Make sure you are the one to control the flow of information. If someone asks: "Who is this?", you have no obligation to tell them. Instead ask "Who are you calling?" If they won't identify themselves, hang up.
- It is not necessary to provide personal information over the telephone. Legitimate callers asking for name, address, age, and other personal information will arrange to meet in person and provide proper credentials and means of verification.
- If you receive obscene or harassing phone calls, hang up and get in touch with your phone company for advice.

On the Street

Street crimes are crimes of opportunity. You can reduce your risk of becoming a target of opportunity by observing the following guidelines:

- Be aware of what is happening around you.
- Never carry large sums of money.
- Never flash your money for all to see.
- Never carry valuables in full view.
- Ask yourself is it always necessary to carry a purse? Would taking enough in your pocket to make the purchase make more sense?



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- Tuck your purse between your body and your arm if it is essential to have one.
- Shop in groups. There is safety in numbers.
- Ask yourself is it always necessary to go at the same time and follow the same route?
- Report problems in your area to the police.

If you are accosted, try and remember some details for the police. ANY LITTLE DETAIL CAN HELP:

Age, sex and race
Height and Weight
Hair Colour
Eye Colour
Tattoos (if present)
Clothing (colour. whether hat is worn etc)
Weapon
Vehicle Make and Colour and Plate Number.