

Personal Safety for Seniors



Protection Plan

- Trust your instincts. You know when something does not appear right.
- Use your best judgment to avoid dangerous situations such as walking alone at night or parking in dark lots.
- Work with police and the courts to prevent and solve crimes.

Protection At Home

- Use exterior lighting at night. Turn lights on at dusk and off at dawn.
- Use the locks you have on your home.
- Consider upgrading your locks, such as dead bolts, on exterior doors.
- Lock your front door when you are in your back yard.

Protection Against Unwanted Calls

- Don't give out personal information to callers you don't know.
- Consider screening your telephone calls with an answering machine.
- Call the police and your telephone company if you are receiving harassing calls.
- Don't pay for "free gifts".
- Call the following to report incidents when callers ask you to pay.
 - ◇ 1-800-432-2310 Kansas Attorney General
 - ◇ 1-202-835-3323 National Fraud Information Center
 - ◇ 816-421-7800 Better Business Bureau of Greater Kansas City

Protection Against Strangers

- Install a peephole.
- Don't open the door for unexpected repair people.
- Always ask for a company identification and call the company for verification.
- Never enter your residence if you suspect a stranger is inside. Go to a neighbor's residence and call the police.

Protection In Elevators

- Always try to get on the elevator with a group.
- Stand away from the door.
- Stand near the control panel to be able to hit the alarm button or floor buttons.

Personal Safety for Seniors



Protection On The Street

- Avoid wearing flashy jewelry.
- Dress so you can walk or run easily to avoid an attack.
- Carry only what you need.
- Think about carrying a wallet in your pocket instead of a purse. Consider a “fanny pack”.
- Carry your purse close to your body.
- Show your personal alarm.
- Walk with someone.
- Stay alert.
- Walk with confidence. Hold your head up and make eye contact to let someone know you are aware of them and you won't be taken by surprise.
- Go to a public place to ask directions.
- Change directions to confirm if you are being followed.

Protection While Traveling

- Always lock your car when you park it.
- Park in well –lit areas.
- Avoid isolated areas such as parks and parking lots.
- Look around your car as you approach
- Look inside your car before you get in.
- Turn around and go back inside if someone is standing near your car. Look behind you to see if they have left.
- Keep your doors and windows locked , especially at stoplights.
- Store your valuables out of sight, in the trunk.

Protection During Car Trouble

- A mobile telephone is good to have in an emergency.
- Raise the car hood and turn on the emergency flashers.
- Stay in the car.
- Ask anyone who stops to call the police or the nearest service station.

Protection In A Hotel

- Tell the desk clerk not to give out your room number.
- Keep your room key with you.
- Double lock the door when you are inside your room.
- Leave your valuables in the hotel safe.

Personal Safety for Seniors



Protection During An Attack

- Evaluate the situation.
- Look around for your means of escape.
- What state of mind is your attacker in?
- Stay Alert. Listen and observe to provide your best decision.
- Decide how you want to respond.
- Know that every situation is different.
- Be realistic about your ability to protect yourself.
- Resisting could give you an opportunity to escape; it could also expose you to greater harm.
- Give up your valuables. They can be replaced.
- Your goal is survival.

Weapons

It is best not to carry a weapon unless you have been thoroughly trained.

Self-Defense

Self-defense is a good idea but don't overestimate your abilities. Some self-defense methods take years of training.