



Courtesy seat
Please offer this seat if
someone needs it more.

SENIOR SAFETY

To be safe from crime and violence is a fundamental right for everyone in our community. As we grow older, several factors can impact on our confidence and quality of life.

Take a few extra precautions and be prepared when a risk is identified. This can go a long way to improve your feeling of safety when out in public spaces and at home.

Here are some simple tips we all can take to help protect yourself, your family and friends from the effects of crime.

PROTECT YOURSELF WHEN OUT AND ABOUT

- **ALWAYS** be alert when travelling on public transport. Travel in busy carriages, guard compartments (marked with a blue light) or sit at the front of the bus.
- **ALWAYS** try to travel in groups of friends wherever possible.
- **ALWAYS** carry identification and let someone know where you are going and what time you expect to return.
- **NEVER** carry large sums of cash in public.

PROTECT YOURSELF AT HOME

- **NEVER** let anyone you don't know and trust inside your home.
- **ALWAYS** secure your doors and windows.
- **DO NOT** leave valuables, mobile devices or keys (home or vehicle) in clear view.
- **ALWAYS** report suspicious behaviour within your neighbourhood to police.

If you are or know of someone who is the victim of abuse, please call the Aging and Disability Abuse Helpline on **1800 628 221** or visit <https://www.ageingdisabilitycommission.nsw.gov.au/contact-us>

PROTECT YOURSELF FROM FRAUD

- **BE CAREFUL** when sharing your personal or financial information such as driver's licence details or date of birth etc, over the telephone or online.
- **ALWAYS** read any contract or service paperwork carefully prior to paying for any work.
- **NEVER** give anyone remote access to your online devices.
- **NEVER** access emails from senders you don't know or trust.



A MESSAGE FROM NSW POLICE FORCE



Triple Zero (000)
For emergencies or life threatening situations.



Police Assistance Line (131 444)
For non emergencies.



Crime Stoppers (1800 333 000)
To provide crime information. It can be in confidence.

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