



# Protect yourself - seniors

## 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. Find the crowded carriages, guards compartment (marked with a blue light) or sit at the front of the bus.
- **ALWAYS** try to travel in groups of friends if possible.
- **NEVER** carry large sums of cash in public.
- **ALWAYS** carry identification and let someone know where you are going and what time you expect to be home.

*(Ask your local Crime Prevention Officer about the Next of Kin program)*

### Protect yourself at home

- **NEVER** let anyone you don't know and trust inside your home.
- **ALWAYS** secure your homes 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.

Home Safe brochure: [http://www.police.nsw.gov.au/\\_data/assets/pdf\\_file/0011/357059/292859\\_0615\\_G015395\\_NSW\\_Police\\_Brochure\\_-\\_Home.pdf](http://www.police.nsw.gov.au/_data/assets/pdf_file/0011/357059/292859_0615_G015395_NSW_Police_Brochure_-_Home.pdf)

Neighbourhood watch information: [http://www.police.nsw.gov.au/community\\_issues/crime\\_prevention/neighbourhood\\_watch\\_nsw](http://www.police.nsw.gov.au/community_issues/crime_prevention/neighbourhood_watch_nsw)

### Protect yourself from fraud

- **BE CAREFUL** when sharing your personal or financial information such as drivers licence details or date of birth etc, over the telephone or on line.
- **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.

If you are or know of someone who is the victim of abuse, please call the Elder Abuse Helpline and Resource Unit on 1800 628 221, or visit <http://www.elderabusehelpline.com.au/>

**For more crime prevention information  
visit us on [www.police.nsw.gov.au](http://www.police.nsw.gov.au)**



Justice



**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 anonymous.