

Safety Tips for Seniors

SAFETY TIPS FOR SENIORS

Statistically, more and more seniors are becoming crime victims due to fraud and con artists rather than physical assault or burglary.

Yet, all these areas need to be covered with the older American in mind.

The following Safety Tips For Seniors, will help you to minimize the risk of becoming a victim of fraud, con, games or any other unlawful affront to your security and peace of mind.

SOLICITATIONS and SCAMS

If it sounds too good to be true, it most likely is. Do not fall for it. What should you watch out for?

Watch out for “free” vacations, sweepstakes, prizes, miracle cures and investment schemes promising high returns for little money.

Be wary of salespeople who call you to solicit business. Never give credit card, phone card, social security or bank account numbers over the phone to any person or organization soliciting from you.

Do not allow “quick closers” to pressure you into signing any contract or sales agreement without having it checked out by an authority in the field you can trust.

OUT ON THE STREET

Follow these simple tips when out of the home:

Go with company, never alone. Muggers and other predators in the street always look for the easiest and most vulnerable mark. Do not let it be you. There is safety in numbers!

Women should carry their pocketbooks securely against their bodies, not hanging loosely by the straps. Wallets should be tucked safely away in inside coat pockets or pants front pockets. Do not carry large amounts of cash or jewelry that will attract attackers.

Keep car doors locked when traveling on the road. While in busses or subways, sit near an exit or close to the driver. Use your instincts. If someone or something makes you feel uncomfortable, leave the area, get away.

Always park your car in high visibility, well-lit spaces. Even if you have to walk a bit further to your final destination. This precautionary measure could prevent a lot of grief. At home always close and lock your garage doors. If you do not have a garage, make sure to lock your car doors.

HOME ALERT

Be sure your house number is highly visible and easily read so your home can be found quickly by police, fire or medical personnel.

Keep all doors and windows securely locked and do not hide extra keys outside under the mat, mailbox or other obvious places where thieves are sure to look. If you can install a wide-angle viewer in all entrance doors to your home. Never allow anyone into your home with out seeing proper identification and they prove to your satisfaction they are in fact service, delivery or utility personnel. They should have a legitimate reason for entering your home. If in doubt, you can call the police or phone their home office for verification.

Keep valuables out of sight, so they cannot be easily seen by outsiders through a door or window.

Do not tempt thieves by leaving valuable items outside the house. Put things like bicycles, ladders, lawn mowers and garden tools safely away when not in use.

Keep trees and bushes around your home neatly trimmed with plenty of open space so would-be burglars cannot use the foliage in your yard for cover.

MEDICAL ALERT

Keep the following information with you at all times: Doctor's name and phone number, medications, allergies, nearest relative's name and any other personal information that may be needed in an emergency.

MONTAGUE POLICE DEPARTMENT