



PERSONAL SAFETY TIPS FOR SENIORS:

Your Finances

- Never display large sums of money in public. Carrying a credit card, banking debit card or a cheque is safer than carrying large sums of cash.
- Some habits such as cashing cheques at month end are no longer considered safe. It would be wise to explore options for "direct deposit" or "direct payment" with your financial institution.
- Contact the police and your bank if anyone claiming to be a bank employee calls and asks for assistance.
- Before investing money, get a second opinion from a spouse, family member, financial advisor or lawyer.

In your home

- Don't tell people that you do not know that you live alone.
- Keep your doors locked at all times.
- Never let strangers into your home - if they require assistance, ask who you might call to help them.
- Get to know your neighbours and find out if there is a neighbourhood watch program in your neighborhood.
- Keep valuables in a safety deposit box at your bank. If this is not possible, keep them locked in a hiding place in your home. Mark valuable items for identification.
- Don't keep large amounts of cash at home.
- Avoid suspicious contests, travel club offers, retirement estates offers, and telephone solicitation of any kind where you are asked to pay a deposit or other charge in advance.

- Never give credit card or personal information to anyone over the phone.
- Be cautious of "just passing by" home repairmen offering repair work at a savings. Check the offer with a reputable repair company. Always inspect the credentials of anyone who contacts you or comes to your door and ask for references.

In your community

- Go shopping in pairs or in a group.
- Park as close as you can to your destination and take notice of where you parked.
- Walk in the centre of the sidewalk or corridor, away from doorways or alleys.
- Walk only in well-lit areas and do not burden yourself with numerous packages or a bulky purse.
- If you suspect you are being followed, trust your instincts: cross the street, go to the nearest home, service station or business and call the police.

Remember: Simple precautions can reduce the risk of crime, but even the most alert and cautious person can still end up a victim. If you do become a victim of crime, call the police immediately - the sooner you report the crime, the better.