

Senior's Safety

Feeling safe in your own home is essential to your wellbeing. It is important that you are able to enjoy your home, lifestyle and community in safety.



What you can do:

- Try to carry as little cash as possible and never leave your handbag, wallet or personal items unattended or in the shopping trolley.
- When travelling on public transport, try and sit where the driver or guard can see you. Make sure you check the timetables beforehand to avoid long waits.
- If you use an answering machine or service, don't indicate that you live alone. When setting up messages, say "we" will call you back, not "I".
- If you receive request for money (including from charities) it is important that you verify where the request has come from before you donate. Contact your local Police if you are unsure.
- Don't put your home address or phone number on social media sites.
- Consider putting a lock on your letter box - this deters mail theft.
- Always secure your home and vehicle by locking doors and checking that windows are shut. Never leave valuables in clear view.

For more information or any questions, contact the Crime Prevention Officer at your local Police Command or the Community Safety Officer with your council.

Crime prevention tips obtained from QLD Police and NSW Police fact sheets and are intended as general guidelines only.



NSW Police Force
www.police.nsw.gov.au



Shellharbour
CITY COUNCIL

Senior's Safety Online

Feeling safe in your community is essential to your wellbeing. It is important that you are able to enjoy your home, lifestyle and community in safety.



What you can do:

- Stay informed – sign up to the Scamwatch newsletter for updates on the types of scams around and how to report scams. Go to www.scamwatch.gov.au for more information.
- Be careful – people you meet online may not be who they say they are.
- Never accept a friend, file or download from a person you don't know, this includes links to a website.
- Scammers often use social media and dating sites to befriend you and claim that they know you. If someone on a dating site requests personal information from you or for you to loan him or her money, do not trust them.
- Don't give out your passwords to anyone and consider changing the passwords regularly.
- If you have any concerns about whether you can trust an email or website, look up the number and call the customer service phone number for the company or institution.
- You will never be asked to pay a debt by purchasing iTunes or gift cards.
- Banks will never ask you to provide or reset your password through an email or a phone call.
- Never send money to someone you don't know – even if it sound legitimate.
- Keep your computer antivirus software up to date.

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On Public Transport

Feeling safe in your community is essential to your wellbeing. It is important that you are able to enjoy your home, lifestyle and community in safety.



What you can do:

- Advise someone of your expected arrival and route and always carry identification with you.
- Wait where you feel most comfortable and safe, such as in a well-lit area near other people.
- Sit where you can be seen by the driver or guard. The guard's area on a train can be identified by a blue light on the carriage.
- Plan your route home or to your car when you get off public transport.
- Ensure that handbags and wallets are not left in plain sight
- Never carry large sums of cash in public
- Plan your travel in advance - avoid unnecessary waiting. You can plan your trip by visiting the Transport NSW website at <https://transportnsw.info/trip#/> and entering your destination and required departure or arrival times. You can also click the "Options" button and select your mobility options, such as walking speed and accessible services you may need.

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Senior's Safety at Home

Feeling safe in your community is essential to your wellbeing. It is important that you are able to enjoy your home, lifestyle and community in safety.



What you can do:

- Consider putting a lock on your letter box - this deters mail theft.
- If you use an answering machine or service, don't indicate that you live alone. When setting up your message, say "we" will call you back, not "I".
- Trim trees and bushes to allow a clear view of your home (this will remove hiding places).
- Don't leave keys in obvious places, such as under pot plants or door mats.
- Ensure that handbags and wallets are not left in plain sight.
- Always secure your home and vehicle by locking doors and checking that windows are shut - even when you are home.
- If you're on holiday, arrange for any mail to be held by Australia Post or collected daily by someone while you're away.
- Install motion sensor floodlights.
- Get to know your neighbours, they can be your eyes and ears when you are not at home.

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