

Connecticut State Police

TIPS

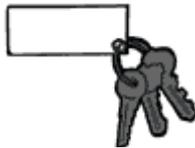
Topics in Public Safety

SAFE SENIORS

Like most senior citizens, you want to maintain your lifestyle and independence. Keeping you safe during your golden years takes a few simple steps. Follow these tips to ensure that you are protected.

Out and about

- Ask your town's senior services about escort services.
- Tell someone where you are going & when you expect to return.
- Keep car doors locked.
- Be alert in parking lots or garages.
- Have your keys ready when approaching your car or home.
- Do not carry packages that obstruct your view and make it hard to react.
- Carry a cell phone with you in case of emergency.
- If using public transportation, sit by the driver or an exit.
- Carry your purse close to your body; do not dangle it.
- Do not put a wallet in your back pocket; put in front pants pocket or a pocket located inside of a coat.
- Do not carry credit cards you don't need or large amounts of cash.
- Use direct deposit for social security and other checks.
- Work out a buddy system with a friend to check on each other daily.



On the road

- Take a refresher driving course.
- Make sure your car is safe to drive; have it checked by a trusted mechanic regularly.
- Schedule regular checks with your doctor for hearing, vision and general health.



At home

- Use deadbolt locks on all doors and keep locked at all times.
- Use quality locks on windows and sliding doors.
- Be sure the number on your house is visible and lighted so that emergency personnel can find it quickly.
- Do not hide keys around the outside of the house.
- Never let strangers into your home without checking their identification.
- Know your neighbors and keep their phone numbers handy for emergencies.
- Trim trees and shrubs to eliminate hiding places for thieves.
- Keep the exterior of the home well lit.
- Install outside lights equipped with motion detectors.
- Use timers on lamps to create the impression of an occupied home.



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