



SENIOR SAFETY

Personal Safety and Power Smart tips

Crime Prevention is everyone's responsibility.

Crime Prevention and Safety not only includes securing your home and possessions, but also being aware of one's personal surroundings and limitations.

The following tips can assist you in helping yourself and your community

Introduce Yourself – Get to know your neighbours, including their names and phone numbers.

Participate – Join a 'Neighbourhood Watch' or 'Block Watch' Program.

Be Aware - Read the paper, listen to the radio and watch the news on television.

Avoid Being a Target – Criminals look for the easy targets. They want to enter a home quickly and efficiently.

Street Sense in your Neighbourhood

Overall Safety

- Carry cash, credit cards, drivers' license, and house keys in an inside jacket pocket, or another concealed place.
- If you use a fanny pack, wear it to the front under your clothing.
- Do not carry excess cash. Most stores accept debit and credit cards.

Outdoor Safety

- When walking in your neighbourhood, vary your route; do not be predictable.
- Stay alert and do not wear headphones.

Safety for Persons with Disabilities

- **Flag Pole** - fasten a small pole with a flag to your wheelchair or scooter at the 5 feet level to make you more visible.
- **In an Emergency** - Calling 911? Tell the operator you have a disability.
- **Taped Message** - if you have difficulty speaking, keep a tape player near the phone to convey your name and address to emergency services.
- **Peepholes** - Install a wide-angle peephole in the door at your eye level.

Elevator Safety

- **Stay Aware** - elevators & passengers can pose risks to your personal safety
- **Trust Yourself** - check the elevator before you enter. If a passenger makes you uncomfortable, do not get in.
- **Be Safe** - stand near the control panel.

Safety for Women

- **Be Prepared** - devise a plan of action for any potentially dangerous situation. Being mentally prepared will give you an advantage and reduce the risk of harm.
- **Self-Defense** - Consider taking self-defense or fitness courses designed for Women and Seniors.



Out and About

Safety in Your Car

Know how to protect yourself, your vehicle and your valuables.

Good Habits:

- **Anti-theft Devices:** install and use devices such as car alarms & steering wheel locks
- **Vehicle Maintenance:** keep your vehicle well fuelled and maintained. Check tire pressure and oil regularly.
- **Maps & Directions:** Plan your route and carry a map in case you get lost.
- **Parking Lots:** park in well lit areas, near other vehicles.
- **Keys Ready:** have your keys out & ready before you get to the car.
- **Parcels & Valuables:** place shopping bags or items out of view.
- **Vehicle Walk Around:** examine the interior of your vehicle before you get in.
- **Keep Vehicle Locked:** always lock your vehicle after entering and when leaving.

What if?

If you think you are being followed, do not go home. Go directly to the nearest gas station, convenience store, house or other open business and honk your horn repeatedly to attract attention.

Security While At Home: Power Smart Tips

The following Power Smart tips will help you save energy, money and the environment. They will also keep your home safe and secure. Installing lighting controls is one of the simplest and most efficient means of reducing lighting energy costs.

Listed below are some devices available to prevent this kind of waste:

- **Dimming**

Dimming incandescent and fluorescent lamps saves energy, increases the life of lamps and adds a range of lighting levels to your system.

- **Timers**

Timers allow you to control your interior or exterior lighting or appliances, by turning them on and off at a determined time.

- **Motion Sensors**

In residential areas, outdoor security lights can account for a large portion of overall lighting costs. Motion sensors are a good choice for controlling outdoor security lighting.

- **Photocells**

Photocells are especially good for outdoor or security lighting control. They sense existing light and turn electric lights on when natural levels are low, off when light levels are higher.

FOR MORE INFORMATION PLEASE VISIT THESE RESOURCES:

- **British Columbia Crime Prevention Association** 1-888-405-2288 or www.bccpa.org
- **BC Hydro Power Pioneers** 1-800-992-5616 or www.powerpioneers.com
- **BC Hydro Power Smart** www.bchydro.com/powersmart
- **The Safe Living Guide: A guide to home safety for seniors** www.phac-aspc.gc.ca/seniors-aines/pubs/safelive
- **Canada Safety Council Seniors Safety** www.safety-council.org/info/seniors/seniors.htm