



HINTS TO KEEP YOU SAFE IN YOUR HOME AND COMMUNITY

Safety At Home

- Lock all entry points to your house, garage and sheds to make it harder for burglars to break in.
- Keep the front garden neat and tidy, to make your home look occupied whether you are there or not.
- Keep an eye out for suspicious activity in and around your neighbours' houses and ask them to do the same for you. Keep in touch with your neighbours regularly.
- Install an outdoor light at all entrances.
- Install railings and provide good traction to outdoor stairs, pathways or decks.
- De-clutter the front steps and walkways around your house and ensure they are in good repair.
- Ensure you can reach your mailbox safely and easily.
- Ensure the number of your house is clearly visible from the street and well lit at night. Emergency services will find you more easily.
- If you live in a rural area and don't have a visible house number, make sure your name is on your mailbox and keep a clear description of directions to your home (main roads, landmarks, etc.) by each phone in your house.

Scams

- If a deal seems too good to be true then it is probably a scam.
- Don't be rushed into making a decision when buying a product or service. Ask a friend or family member to review a contract or other information about a product or service, prior to committing to it.
- As soon as possible, ring 000 (triple zero) if a tradesman or sales-person raises your suspicions in the way that they "sell" their services.

Getting Out and About

- Use supportive footwear that fits well and has a sole that provides grip.
- Carry a mobile phone to use in emergencies and have it programmed with quick contacts. eg family, if you need to call urgently
- If you are driving, consider what time of day it is and how tired you are. Think about the return journey. Will it be dark when you need to drive home? Or will you be more tired?
- When taking public transport, get on at the front door and ask the driver to wait while you sit down.
- If possible, travel with someone else who can help you if necessary.
- Take a moment to think through what you want to do and then you can take more notice of what is going on around you.
- As a pedestrian, seniors may have reduced motor skills that limit their ability to walk at certain speeds, so be aware of this when crossing the street.

Vehicle Security

- Close the windows and lock the car every time you leave it even if you will only be away for a short time.
- Park the car in a prominent and busy area particularly if you are returning to it after dark.
- Remove all valuables from view in the car before you park your car and leave it. Do not leave your keys or your name and address details in the car.