



Dear Neighbor,

Your safety is important to me. There are simple precautions you can take to keep yourself out of harm's way. This brochure contains crime prevention tips and a home security checklist to help you determine just how well your home is protected.

I hope you find the information useful. If I can be of additional help to you on this or any other issue, please do not hesitate to call my office.

Sincerely,

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Member of Assembly

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# Safety Tips for Seniors

*Courtesy of*  
Assemblymember

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## When walking

- If possible, travel with a companion, especially after dark.
- Be aware of your surroundings. After exiting a vehicle at night, look to see whether you are being followed. If you see someone suspicious, cross the street. If necessary, crisscross from one side to another. If you feel you are being followed, don't be afraid to run. If you see a house with lights on, knock on the door and ask for help.
- Maintain a secure grip on your purse. Do not carry it by the handle or let it hang off your shoulder. Place one end of the purse in the palm of your hand and the other in the bend of the elbow, holding the purse firmly against your body.
- Walk in the middle of the sidewalk and avoid passing close to shrubbery, dark doorways, parked cars and other concealed places.
- Avoid shortcuts, especially through backyards, schoolyards, parking lots and alleyways.
- Only carry as much money as you need.
- Don't use an ATM on the street or behind a building.
- When using public transportation, sit close to the driver. Stay alert and don't doze.

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## When at home

- Women who live alone should list only their last names and initials in phone directories and on mailboxes.
- Be sure to lock doors during the day, even if you're home or you leave for only a few minutes. Keep your garage door closed and locked too.
- Never open the door before asking visitors to identify themselves. This includes repair and delivery people, as well as police officers. Keep the chain bolt locked when identifying the visitor.
- Inside and outside lights give you a great deal of protection. Leave lights on at night, even when you are away from home. Change the location of lights periodically.
- If you'll be arriving home after dark, leave a light on near the door you will use. Use timers to automatically turn lights on. Have your key ready so you can open the door immediately.
- If a stranger asks to use your phone, offer to make the call instead. Never let a stranger enter your home.
- If you notice a door or window was forced open or broken while you were out, do not enter your house. Use a cell phone or neighbor's phone immediately to call police and wait outside until they arrive.

## When driving

- Approach your car with the key in hand. Look around and inside the car before getting in.
- When practical, travel on well-lit, populated streets. Keep windows closed and doors locked.
- Put your purse in the glove compartment or on the floor.
- Keep your car in gear at traffic lights and stop signs. If your safety is threatened, honk the horn and drive away as soon as possible.
- If you believe you are being followed, don't pull into your driveway or park on a deserted street. Pull over to the curb where there are people, and let the car pass you. If the car still follows you, drive to the nearest place for help – a gas station or police station – or use your cell phone to call the police.
- If you are followed into your driveway at night, stay in your car with the doors locked until you know the driver's intent. Sound the horn to get the attention of neighbors or to scare the other driver off.
- When parking at night, choose a place that will be well lit when you return. Check for loiterers before leaving the car and look inside the car when returning to it.
- Never leave the car keys in the ignition, even if you only park for a short time. Lock the car and take the keys with you.

## Home security checklist

Please complete this checklist to identify security problems in your home.

### Doors

- | Yes                      | No                       |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do doors have 180 degree peepholes?                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Are locks which open from the inside at least 40 inches from the glass? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are entrance doors solid and equipped with deadbolts?                   |
| <input type="checkbox"/> | <input type="checkbox"/> | Are outside hinge pins nonremovable?                                    |
| <input type="checkbox"/> | <input type="checkbox"/> | Do doors securely fit door jambs?                                       |

### Door locks

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Is the door jamb tightly fastened?                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Is the strike plate fastened securely?                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Does the bolt extend far enough into the strike plate? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have the locks been re-keyed since you moved in?       |

### Windows

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Have double-hung windows been pinned?                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do metal windows have auxiliary locks?                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Can windows left open for ventilation be secured?      |
| <input type="checkbox"/> | <input type="checkbox"/> | Do basement windows have auxiliary locks?              |
| <input type="checkbox"/> | <input type="checkbox"/> | Do curtains/drapes fully cover windows?                |
| <input type="checkbox"/> | <input type="checkbox"/> | Is the window air conditioner secured from the inside? |

### Garage

- | Yes                      | No                       |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Does the door close tightly?                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Does the overhead door have a high-quality track padlock?        |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you keep the overhead door closed and locked when not in use? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you remove vehicle keys when the garage is locked?            |
| <input type="checkbox"/> | <input type="checkbox"/> | Can the garage light be turned on from inside the home?          |

### Exterior

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Are shrubs cut below window level and tree limbs above window level? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is the residence number visible from the street?                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Can the mailbox be locked?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Are front and back doors well lit?                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | Are bicycles, mowers and ladders kept inside?                        |

### Vacations

- |                          |                          |                                  |
|--------------------------|--------------------------|----------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you stop deliveries?          |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you set light timers?         |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have your yard cared for? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you notify police?            |

### Extra

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you belong to a neighborhood watch program?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you engraved, marked or photographed your property and put up security stickers? |