



Security for Seniors



*'Practical ways
to improve your security'*

Security for Seniors

Seniors like everyone else have the right to feel safe at all times.

Research shows that those who appear confident and take security precautions are less likely to be victims of crime.

This brochure is designed to suggest ways in which seniors can increase their feeling of confidence in their own security by reducing the opportunities for crime.

At Home

Improve your physical security at home. Doors, locks, grilles, etc., are your first line of defence. Your home should be clearly visible to the street, neighbours and passers-by. Bushes and trees that obstruct a clear view of windows or doors provide perfect cover for intruders.



A good-quality security door on all your external doors helps with ventilation and is a barrier for unknown callers and offenders.

External doors should be of solid-core construction and fitted with deadlocks. When going out, certain deadlocks can be locked in such a way that they can only be unlocked with a key from either side. This prevents burglars getting into your home and being able to open the door to remove your property. When at home you can lock your deadlock so that it needs a key to open it from the outside, but can be opened with a lever or knob from the inside.

A door viewer (peephole) gives you a wide-angle view of the person on the other side of the door. Remember, do not open the door to a stranger no matter how urgent it sounds. **CHECK FIRST** and ask for identification before opening the door. If someone is seeking help leave that person outside while you make the emergency call.

Have quality keyed locks on all windows, unless the windows are grilled. Have all locks “keyed alike” so that one key will open all doors and one key opens all windows. Install security grilles on windows and doors you wish to open for ventilation, but have one or two window grilles hinged so you can exit in case of emergency.



Do not hide keys under flower pots or door mats. Don't give keys to anyone you do not know – including tradespersons.

Wheelie bins should be locked away or chained to posts away from windows. Have a friend or neighbour in your absence bring in your wheelie bin after being emptied.

Identify your property by marking with an engraver or ultraviolet pen. Make use of the Queensland Police Service Property Tracing System. Marked property is a deterrent against theft.

If going out, even for a short period, make your home look “lived in” by having the radio or lights on.

There are many security products on the market to help you feel secure. Once you have purchased or installed a security product, **always use it.**

Phone

Do not advertise in the phone book that you live alone (Initials and Surname only).

Be cautious about information you divulge to strangers on the phone. Never divulge:

- That you live alone.
- That you will be away.
- Family or financial information.

If you receive an obscene phone call or have a persistent nuisance caller, HANG UP. Contact Telstra during business hours on 13 2200 or after hours on 1100.

If you own a touch phone, key-in the phone numbers of:

- A relative, neighbour or close friend
- 000
- Police
- Fire & Ambulance

so that they can be dialled by pressing one button in an emergency.

Personal Alarms

For your information generally; These alarms are compact and easy to carry. They have built-in audible alarm and use compressed gas or batteries. When the alarm is activated it will emit a loud piercing noise.

These alarms can be worn as a pendant, brooch, or carried separately.

When buying a personal alarm, think about weight, ease of operation, amount of noise emitted and cost.

Other personal alarms are:

- Used to obtain help in the case of a medical emergency.
- Connected to an alarm system.
- Connected to a phone system to call for help.

It must be remembered that these types of alarms are meant to act as a deterrent, give you confidence, and attract attention. They DO NOT guarantee protection from attack.

When Using Public Transport

At night, wait in well-lit areas and near other people if possible. Check timetables beforehand to avoid long waits.

When travelling on buses or trains sit where you can be seen by the driver or guard.

When Shopping

Consider the following, and do not:

- Carry large amounts of money on you.
- Carry signed withdrawal forms with your bank book in your bag.
- Leave handbags or personal items in your shopping trolley.

Carry your money and credit cards separately from your bag (use a pocket or money belt). Consider the type of bag you use and how you should carry it in order to make it harder for the thief to take it from you. Use a small bag with a zip and hold it close to and in front of you.

DISCLAIMER: "This brochure contains general guidelines only for increasing personal safety and security in the home. The Queensland Police Service in providing this information makes no representation nor gives any warranty or guarantee concerning the safety of persons or property."



Police Telephone Numbers:

Non Emergency

Your Local Police Station

Name:

Phone:



Emergency Only

000

TTY (Tele Typewriter)
(Police HQ Brisbane)

(07) 3364 4655

Crime Stoppers

1800 333 000

Crime Stoppers TTY

(07) 3364 3681

Queensland Police Service Vision Statement



We are determined to be a professional police service, dedicated to excellence and committed to working in partnership with the people of Queensland to enhance the safety and security of our community.