



Our 20 Favourite Crime Prevention Tips for **SENIORS**



1. Never give out personal details over the phone.
2. Lock your doors when in the home. Remember to remove the keys from the locks, in case access is needed from outside in an emergency.
3. Keep a torch & phone handy by the bed.
4. Keep your car remote control on your person, or by the bed. It can be used as a panic alarm in an emergency.
5. Check sensational emails' credibility before forwarding at [snopes.com](https://www.snopes.com).
6. Beware computer scams. Never open unsolicited attachments. Never follow links from within emails. Sign up for the Government's free alert service at [cyber.gov.au](https://www.cyber.gov.au).
7. Install a monitored intruder alarm system. Most have 'home' and 'away' settings, allowing you to set it when at home (especially when sleeping), as well as when out.
8. Lock open windows at 10cm max. New security products include sensors for open windows, as well as for balcony areas.
9. Never place your purse/bag in a shopping trolley - keep it on your person. Keep it on your lap at the movies and in food courts. Men, carry your wallet in your front pocket.
10. Use a torch key-ring to avoid fumbling with keys. Consider attaching keys to an extendable key-ring that connects to your pocket/purse.

FOR EMERGENCIES (Including anyone on your property)	000
TO REPORT ANYTHING SUSPICIOUS (Crime Stoppers)	1800 333 000
TO REPORT NON-EMERGENCY/POLICE TO ATTEND NON-URGENTLY (Police Assistance Line)	131 444
POLICE COMMUNITY PORTAL (Online reporting of minor crime/lost property)	portal.police.nsw.gov.au
IF YOU'RE NOT SURE (Hornsby Police Station)	9476 9799
TTY—To ask for Police, type PPP	106
SPEAK AND LISTEN	1 800 555 727

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11. Install a spy-hole.
12. Install a security door-chain, or security door bar, or security door, and use it. [A door bar may be easier for elderly hands to manipulate.]
13. Install security sensor lighting. Consider connecting the sensor lighting to a socket unit that can ‘chirrup’ or ‘bark’ as a warning/deterrent.
14. Do not open the door to strangers. Never allow strangers into your home. If someone requires your assistance in an emergency, phone for help yourself. Be wary of strangers.
15. Never accept door-to-door offers of work from tradesmen (e.g. tree-logging, gutter maintenance) without consultation with a trusted friend or relative.
16. Know your neighbours and the community you live in.
17. Accept offers of assistance from neighbours and trusted organisations (e.g. gardening — help is available from easy care gardening).
18. Never let your credit card out of your sight in a café or restaurant—go with it!
19. Buddy-up with a neighbour— use a signal to show you have arisen safely (e.g. a blind raised, boots outside the front door).
20. Get your free ‘Little Book of Scams’ publication (published by the government’s ACCC) from the Neighbourhood Watch Ku-ring-gai & Hornsby website or in various languages to download from the ACCC website.

This information was compiled by volunteers with Neighbourhood Watch Ku-ring-gai and Hornsby. Please contact your Crime Prevention Officer (CPO) at Hornsby Police Station for more information. Phone: 9476 9799.

Tips and other resources are available to download free from the Neighbourhood Watch in Ku-ring-gai & Hornsby website: au-NHWKuringgaiHornsby.org/Tips/.

See also the community’s one-stop-shop of crime prevention information: WatchOut.org.au.

Follow us on [Facebook](#), [Twitter](#) or at our [website](#). Contact us at: NHWKuringgaiHornsby@gmail.com.