



Crime prevention for seniors

Walking

- Always plan your route and stay alert to your surroundings. Walk confidently.
- Have a companion accompany you.
- Walk in well-lit areas.
- Have your keys in your hand when approaching your front door.
- Don't carry large, bulky shoulder bags; Carry only what you need.
- Start or join a walking group.



In stores

- Be aware of your surroundings.
- Carry a minimal amount of cash.
- Never leave your purse unattended, especially in a shopping cart.
- Keep your purse or bag closed.
- If someone tries to distract you or bumps into you, check your purse or wallet.

In your car

- Always keep your car doors locked.
- Travel well-lit streets. Plan your route.
- Don't leave your purse on the seat beside you. Put it on the floor, where it is more difficult for someone to grab it.
- Lock valuables, bags, and packages in the trunk.
- If your car breaks down: get far enough off the road; turn on your emergency flashers; raise the hood; get back into the car; lock the door; wait for help.

Banking

- Use direct deposit for Social Security or other income to avoid mail theft.
- Store valuables in a safe deposit box.
- If you receive a call requesting bank, credit card or personal information, verify with the institution prior to releasing it.

At your door/home

- Never open your door to strangers. At night, draw your blinds or draperies.
- Lock your doors and windows even when you're home.
- Don't leave notes on the door when going out.
- Leave lights on when going out at night. Use a timer to turn lights on and off when you are away for an extended period.

- Don't place keys under mats, in mail boxes, or other places outside.
- Notify neighbors and the police when going away on a trip. Place a hold on deliveries such as the mail and newspapers. Arrange with someone (neighbor, family member, etc.) for lawn mowing or snow removal.
- Be wary of unsolicited offers to make repairs to your home. Deal only with reputable businesses. Keep an inventory with serial numbers and photographs of items without serial numbers, such as jewelry. Leave copies in a safe place.
- Don't hesitate to report crime or suspicious activities. Call 911.

Cell phones

- Program important numbers, including a labeled emergency contact.
- Keep it charged at all times. Batteries go dead even if the phone isn't being used.
- Carry it with you at all times.

Scams

- Sign up for the national "do not call" registry. It's easy and free. Go to <https://www.donotcall.gov/> or call 888-382-1222 (TTY 866-290-4326) from the phone number you want to register.
- Never wire money to a friend or family member who says they are in need without verifying the story with another person close to that party. Criminals gather information about the person they are imitating and make a convincing story. Get a phone number to call them back after verification. Often, the suspect will hang up when they hear this.
- If you ever think a deal sounds too good to be true, call the company directly and verify.

Contact your crime prevention specialist for more information on protecting yourself from fraud and swindles or for additional prevention information. Call 311 (or 612-673-3000) or see www.minneapolis.gov/police/crimeprevention/police_outreach_safe-teams to locate your neighborhood crime prevention specialist.

For further crime prevention resources, please visit www.minneapolis.gov/police/crimeprevention/index.htm.



English: Attention. If you want help translating this information, call 612-673-3737
 Spanish: Atención. Si desea recibir asistencia gratuita para traducir esta información, llame 612-673-2700
 Somali: Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la' aan wac 612-673-3500
 Hmong: Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu 612-673-2800
 Sign Language: TTY 612-673-2626
 If you need this material in an alternative format, please contact the Minneapolis Police Department at 612-673-2912.