

Seniors safety

Feeling safe in your own home is essential to your health and wellbeing. As a senior, it's important that you are able to enjoy your home, community and lifestyle in comfort and security.




If a crime is happening now, call **Triple Zero (000)**.
If not, think **Policelink** and report online.

Find us at www.police.qld.gov.au
For news and alerts sign up to myPolice.qld.gov.au

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What you can do

There are a number of steps you can take to protect your safety and security.

- If you have a phonebook listing, only list your initials and surname to limit the amount of personal information available.
- If you use an answering machine service, ensure you leave a message saying 'we' will call back if you live alone.
- If you and your family communicate on the internet via social media networks, make sure you don't give out personal details such as your home address or phone number.
- Be cautious about information you give to strangers – don't tell them where you live or when you will be away and don't give out any personal, family or financial information.
- When shopping, avoid carrying large amounts of money and never leave your handbag, wallet or personal items unattended or in the shopping trolley or mobility device.
- If you're travelling on public transport, ensure you sit where you can see and be seen, by the driver or guard and always check timetables beforehand to avoid long waits.
- In your phone, program in the contact numbers of a relative, neighbour or close friend you can contact if you need assistance. Also program the emergency number, Triple Zero (000).
- If you receive mail, emails or phone calls requesting money, even if it's for charity, verify where the request has come from before donating. If you are unsure, contact your local police station.

Always remember

Appear confident and self-assured at all times. Research shows that people who appear confident and take personal safety precautions are less likely to become victims of crime.

Consider installing an alarm system in your home, particularly if you live alone, to help protect your home and personal safety. Medical or personal alarm systems are also a good idea to consider and are easy to set up. There are many options available, depending on your personal needs.

Elder Abuse

The Queensland Police Service is committed to working with older people and the community to prevent harm to older people. Elder abuse can take many forms. If an older person is being harmed in some way by a person they trust, that is elder abuse. Elder abuse can be categorised into six types; emotional, psychological, financial, physical, sexual and neglect.

Elder abuse can be a criminal offence and domestic and family violence. Unfortunately, it is common for elder abuse to remain hidden and continue unsuspected. Elder abuse is vastly under-reported and, in most cases, committed by close family members.

Elder abuse is everyone's responsibility and by working together, it can be prevented.

Seniors Enquiry Line: 1300 135 500
Elder Abuse Prevention Unit: 1300 651 192

Prevention Together
Prevent | Disrupt | Respond | Investigate

