

Safety for Seniors

Today's seniors are more healthier and active than ever before. But, like everyone, they need to pay attention to health and safety risks. Below are warning signs and prevention tips for common problems facing older adults. As people age, they face new challenges both mentally and physically. Though they're often on the lookout for physical attack and burglary, they are sometimes not as alert to frauds and con games, which can be the greatest threat to seniors well being and trust.

Make Your Home Safe and Secure

Use dead bolt locks on doors. Don't hide keys around the entrance; instead leave them with a friend or neighbor.

Ensure that service and delivery people have identification, call the company if you are concerned. The address on your home should be easy to read so emergency services can find your home quickly and easily.

Consider a home alarm system that provides monitoring for burglary, fire, and medical emergencies.

Be Alert and Aware When Out in Public

Go with someone you know, use the buddy system.

Carry your purse close to your body. Put a wallet in an inside coat or front pants pocket.

Don't carry credit cards you don't need or large amounts of cash.

Use direct deposit for Social Security and other regular checks.

Whether you're a passenger or driver, keep car doors locked. Be particularly alert in parking lots and garages. If possible, park near an entrance.

Sit close to the driver or near the exit while riding public transportation.

If someone or something makes you uneasy, trust your instincts and leave.

Be Aware of possible Cons

If it sounds too good to be true, IT IS!!! Be aware of promises for cures for diseases, or get rich quick schemes.

Never give personal information such as your credit card, phone card, Social Insurance Number, or bank account number to anyone over the phone. It's illegal for telemarketers to ask for these numbers to verify a prize or gift.

Don't allow anyone to push you into signing something - an insurance policy, a sales agreement, a contract. Read it carefully and have someone you trust check it over.

Beware of individuals claiming to represent companies, consumer organizations, or government agencies that offer to recover lost money from fraudulent telemarketers for a fee.

If you're suspicious, check it out with the police, the Better Business Bureau, or local consumer protection office.