

- Do not display large sums of cash.

WHEN DRIVING

- Always keep your car doors locked, whether you are in or outside your car. Keep your petrol tank full and your engine properly maintained to avoid breakdowns.
- If your car breaks down, pull over as far as possible to the left, raise the hood and wait inside the car for help. Call 107 (landline) or 021 480 7700 (cellphone) and ask for assistance.
- Travel along well-lit and busy streets. Plan your route.
- Do not leave your handbag on the seat beside you. Put it in the boot of the car or under the car seat.
- Lock packages, bags and valuables in the boot of the car.
- When returning to your car, check the front and back seat before entering.
- Never pick up hitch-hikers.

BANKING (SASSA CARDS)

- Many criminals know exactly when old-age pension from SASSA is paid each month and they use these days as opportunities to rob and cheat the elderly out of their money. Avoid this risk by having your pension deposited directly into the bank account of your choice.
- There are free cheque accounts available for seniors citizens at any bank. Enquire at your bank for further details.

- When withdrawing money from your bank account, always take a trustworthy person with you. Never leave your SASSA card with loan sharks.
- Be wary of con artists and get-rich-quick schemes that probably are too good to be true.
- If you are a victim of such a crime, report it to your local police station.
- Share these tips with your friends and family to make it difficult for criminals to work in your neighbourhood.



CRIME PREVENTION TIPS FOR SENIOR CITIZENS



The Metropolitan Police Department provides support to the South African Police Service (SAPS).

Crime Prevention is everyone's responsibility; it is not just the job of law enforcement. Senior citizens can learn to protect themselves against crime by following these simple common-sense suggestions.

WHEN AT HOME

- Always look who is at the door before opening. Install and use a peephole.
- Keep your doors and windows locked.
- Keep your garage doors locked.
- Change your daily routine.
- Ask your neighbours to keep an eye on your neighbourhood. A concerned neighbour is often the best protection against crime because suspicious persons and activities are noticed and reported to the police promptly.
- Do not leave notes on the door when you go 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.
- When you go away on a trip for an long period, cancel deliveries e.g. newspapers and arrange for someone to mow the lawn if necessary. Arrange for your mail to be held by the post office or ask a family member to collect it for you.
- Be wary of unsolicited offers to make repairs to your home. Deal only with reputable businesses.

- Do not hesitate to report crime or suspicious activity.
- Install deadbolt locks on all your doors.
- Keep your home well-lit at night, inside and out. Keep your curtains closed at night.
- Do not hesitate to ask for proper identification from delivery persons or strangers. If they are legitimate, they will not mind.
- If a stranger asks to use your telephone, do not let them in. Rather make the call for them yourself.
- Never let a stranger into your home.
- Never leave your keys under the doormat or in other conspicuous places.
- Never give out information over the telephone or social media, e.g. Facebook, that you are alone at home or that you will not be home at a certain time.
- When you are away from your home for more than a day, make sure your home looks and sounds occupied. Use an automatic timer to turn on the lights, radio or television.
- If you arrive at home and suspect a stranger may be inside your home, do not go in. Leave quietly and call 107 from a landline or 021 480 7700 from a cellphone to report the crime.
- Always keep a torch with fully charged batteries at hand.
- Always have the emergency number close to the telephone and a cellphone with airtime in case of an emergency.

WHEN WALKING

- If you are attacked on the street, make as much noise as possible by calling for help or blowing a whistle. Do not pursue your attacker. Call 107 (landline) or 021 480 7700 (cellphone) and report the crime.
- Avoid walking alone at night. Try to have a friend accompany you in high-risk areas even during daytime.
- Avoid carrying weapons. Weapons may be used against you.
- Always plan your route and be aware of your surroundings.
- Stay away from buildings, alleyways and doorways. Walk in well-lit areas.
- Have your key ready when approaching your front door.
- Do not dangle your handbag away from your body.
- Do not carry large, bulky shoulder bags. Carry only what you need. Sew a small pocket inside your jacket or coat if you do not have a purse.

WHEN SHOPPING

- Carry your handbag very close to you. Do not dangle it from your arm.
- Never leave your purse in a shopping cart while shopping. Never leave your purse unattended.
- Do not carry more cash than necessary. Many grocery stores now accept card payments instead of cash.