



SAFETY FOR SENIORS Tip Sheet

Protecting Yourself from Predators

- Never allow an uninvited person into your home; make an excuse if necessary. Be sure to look through a window or peephole to see who it is. If you don't recognize them or aren't expecting anyone, don't feel that you have to answer.
- Always check credentials of repairmen, and call their place of business to verify.
- Talk to friends and family about new people in your life. If you are the friend or family member of a senior, ask them if they have met anyone new lately or who has been to visit them recently.
- Stay connected – get to know your neighbours, get involved in your community, and check out your local seniors' centre. Isolation significantly increases a senior's risk of illness, injury, depression, malnutrition, fraud and abuse.
- Go slowly and be cautious – don't let anyone pressure you and don't be afraid to ask questions.
- Don't give out personal information over the telephone or to someone who comes to your door.
- Don't discuss your financial or personal situation with someone who is not part of your trusted inner circle.
- If someone is being pushy or intimidates you, trust your instincts. Be firm and don't hesitate to ask others for help.
- Don't become complacent. You may think your street or town is safe, but crime can occur anywhere. Stay aware and alert.

What should I do if I am concerned about a senior?

If you suspect a senior is at risk, please call the 24/7 Seniors Help Line (run in partnership with the Distress Centre) at **(403) 264-7700**. Trained volunteers are standing by to answer your call and will ensure your personal information remains confidential. Your concerns will be forwarded to a SeniorConnect Outreach Social Worker, who will follow up with the senior and if needed, help connect them to community resources.



Calgary Seniors' Resource Society
3639 – 26 Street NE
Calgary, Alberta T1Y 5E1

calgaryseniors.org

Phone: 403- 266-6200

Fax: 403- 269-5183