

If You Become the Victim of a Crime

- Report it! It is every person's responsibility to report crime.
- When you report all the facts of a crime, it helps law enforcement when assigning officers to high crime areas.
- Chances are, the person who victimized you is doing it to others.
- The information you provide may lead to an arrest of the suspect. Important information includes age, height, weight, hair color, clothing, and any other distinguishing marks, like scars and tattoos.



Take Action Today!

- Stay active in your community. It will help you feel safer and make your neighborhood a better place to live.
- Join a Neighborhood Watch program.
- Ask your local Crime Prevention Unit to talk to your senior citizens' group about safety.

Although surveys show that persons over 65 years old are victims of crime far less often than young people, seniors suffer more as a result of crime. Many seniors are so worried about crime that they shut themselves up in their homes and rarely go out. Take control, don't make a criminal's work any easier.



Mission Statement

The Kern County Sheriff's Office is committed to work in partnership with our community to enhance the safety, security, and quality of life for the residents and visitors of Kern County through professional public safety services.



Helpful Websites!

- National Crime Prevention Council - www.ncpc.org
- www.seniordrivers.org
- www.lapdonline.org
- www.frbsf.org/publications/consumer/fraud.html

To contact the Kern County Sheriff's Office:

Emergency: **9-1-1**
Non-Emergency: **(661) 861-3110**
Non-Emergency Outlying Areas: **1-800-861-3110**
Sheriff's Report Desk (Bakersfield only): **(661) 391-7471**
Text: **KERNSHERIFF to 888777**
WWW.NIXLE.COM

SENIOR SAFETY



CRIME PREVENTION TIPS FOR SENIOR CITIZENS

This brochure is a publication of the
Kern County Sheriff's Office
Crime Prevention Unit
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Senior Safety

Crimes against seniors, while statistically not as high as for other age groups, are very devastating both financially and emotionally. Seniors may feel shame after being victimized, which can make them reluctant to report the crime. Many seniors find it hard to believe that there are people out there who will take advantage of them financially, physically, and emotionally.

Street Precautions

- Do not travel alone—use the “buddy system.”
- When walking, act calm and confident.
- Make eye contact with people and do not appear afraid.
- Trust your instincts. If you feel uncomfortable, leave.
- Stay in well-lit areas.
- Be wary of strangers.
- Carry your purse close to your body.
- Never flaunt money or expensive jewelry.
- Tell someone where you are going and when you will be returning home.



Vehicle Safety

- Keep your car in good condition and full of gas.
- Always lock your car doors, even while driving.

- Always check the back seat before entering the vehicle.
- Park in well-lit areas at night.
- Carry your car keys in your hand.
- If you think you are being followed, don't go home. Drive to a public place, like the Sheriff's Department or the Police Station.
- If your car breaks down, don't leave the vehicle. If someone offers to help, ask them to call help for you.
- Do not stop to help motorists on the side of the road.

Home Safety

- Lock all doors and windows with heavy-duty locks.
- Keep doors and windows locked, even when home.
- Hang curtains, shades, or blinds on all windows.
- Do not put your name on your mailbox or home.
- Get to know your neighbors, you may need their help at some point.
- Install a peephole in your front and back doors.
- Never let anyone you don't know into your home.
- Vary your routine a little each day.



Bus Safety

While Waiting for a Bus:

- Try to avoid isolated or dark bus stops.
- Stand away from the curb until the bus arrives.
- Don't open your purse or wallet while boarding the bus—have your money ready (in an easy-access pocket).
- Don't flash jewelry or money.



While Riding a Bus:

- During off-hours, ride close to the driver.
- Stay alert and aware of other riders (especially those near you).
- If someone bothers you or you see something suspicious, notify the driver.
- Carry your purse close to you, keep your wallet in the front pocket.

If You Are Assaulted

- If you are being robbed, DO NOT RESIST! Give the suspect whatever they ask for. Your life is worth more than your money.
- Attempt to get a good accurate description of the suspect.
- Contact your local victim assistance center to help you deal with the trauma many crime victims experience.