

Personal Safety



Personal Safety At Home:

- Avoid falls: It's the #1 cause of death and injury of seniors:
 - Use handrails on stairs and avoid rugs.
 - Watch where you are walking, and take your time.
 - Exercise regularly to build strength and coordination.
 - Wear appropriate clothing and shoes.
 - Maintain a balanced, nutritional diet.
- Suspect a gas leak?
 - Leave immediately.
 - Call 911 & the gas company from outside the building.
- In case of fire:
 - Leave immediately, stoop/crawl to avoid smoke inhalation.
 - Call the Fire Department from outside the building.
- Do not let strangers into your home or apartment.
 - Ask for ID to confirm identities & employer.
 - Never tell people you are alone.
- Monitor your medication:
 - Take the correct dosages, and be aware of potential side effects.

Personal Safety In Public:

- When out in public, stay alert & maintain situational awareness:
 - Walk erect, with purpose, constantly looking around you.
 - Carry money, credit cards and ID close to you or inside a pocket.
 - Take with you only what you need. Avoid keeping large amounts of money with you.
- Feeling uncomfortable or apprehensive? Ask store employees or mall security for an escort to your car or transportation.
- When approaching your car:
 - Carry a whistle and/or have your car's "panic" button handy. Yell for help if necessary.
 - Have car keys ready.
 - Check the backseat of your car before entering.
 - Lock doors immediately upon entering your car.
- Victim of a robbery attempt?
 - Give them what they want.
 - Memorize as much about the robber as possible, making notes quickly after the incident while details are fresh in your mind.
 - Report all incidents to law enforcement immediately.

Report to the police if you are ever victimized

Sources:

[1] *The Savvy Senior* by Jim Miller © 2004

[2] *Senior Home Safety & Emergency Planning Inspection Checklist* prepared by Aging Services in Cedar Rapids, IA

[3] *Disrupt Aging: a bold new path to living your best life* by JoAnn Jenkins, CEO, AARP © 2016

V 6-25-18

Additional Resources

Cedar Rapids Police Department

505 1st St SW
Cedar Rapids, IA 52404
(319) 286-5375 ext. 5485
www.cedar-rapids.org/police

Crime Stoppers

1-(800) -272-7463

Cedar Rapids Fire Department

713 1st Avenue SE
Cedar Rapids, IA 52401
(319) 286-5200 – Main Number
(319) 286-5277 – Public Educator
www.cedar-rapids.org/government/departments/fire

Marion Police Department

6315 US-151
Marion, IA 52302
(319) 377-1511
www.cityofmarion.org/departments/police-department

Marion Fire Department

3933 Katz Drive
Marion, IA 52302
(319) 377-8237
www.cityofmarion.org/departments/fire-department

Hiawatha Police Department

101 Emmons St.
Hiawatha, IA 52233
(319) 393-1212

Linn County Sherriff's Office

P.O. Box 669, 310 2nd Avenue SW
Cedar Rapids, IA 52406
(319) 892-6100
www.linncounty.org

Mount Vernon Police Department

213 1st St NW
Mount Vernon, IA 52314
(319) 895-6141
www.cityofmtvernon.com

Linn County Emergency Management

6301 Kirkwood Blvd SW
Cedar Rapids, IA 52404
(319) 892-6500
<http://www.linncounty-ema.org>

Aging Services

317 7th Ave SE Suite 302B
Cedar Rapids, IA 52401
(319) 398-3644
www.agingservicesia.org

Heritage Area Agency on Aging

6301 Kirkwood Blvd SW
Cedar Rapids, IA 52404
(319) 398-5559
www.HeritageAAA.org

Horizons: A Family Service Alliance

819 5th Street SE
Cedar Rapids, IA 52403
(319) 398-3943
www.horizonsfamily.org

LifeLong Links

(Families & Caregivers can get info on services for older adults & persons with disabilities age 18+)
(866) 468-7887
www.lifelonglinks.org

AARP

(866) 554-5378
www.aarp.org/ia

United Way of East Central Iowa

317 7th Avenue SE Suite 401
Cedar Rapids, IA 52401
(319) 398-5372
<http://www.uweci.org/>

