

## DON'T MAKE YOURSELF A TARGET

Before leaving home there are a few things you can do to ensure a safe and enjoyable journey.

If you are going to a new destination always plan your trip.

Remember most mobile phones will call **000** even when no credit is on the *sim* card. If you have trouble getting through to **000** - the international emergency call number **112** will also connect you to the Emergency Call Service.

Consider having your local police station number programmed into your mobile phone. Make sure you keep your mobile phone in a secure place close to your body.

If you believe you are in danger, shout out and make a scene and go into the nearest shop or busy place.

## TRAVELLING LOCALLY

Avoid waiting on your own.

Take a well used, well lit route. Walk with other commuters. If you can't reach your destination safely and quickly on foot from your bus or train stop, consider catching a taxi.

When travelling on Buses, Trains and Ferries sit as close to the driver/guard's compartment as possible.

If travelling by car, always have your car keys ready before you get to your car.

**Older drivers** need to stay alert to their changing health factors, such as eye sight and medical conditions, so that they can continue to drive safely. While age is not the sole indicator of driving ability, there is evidence that the skills needed for safe driving begin to deteriorate as we get older, particularly from about 75 years of age. Additionally, conditions such as dementia may affect a person's ability to drive safely. For car drivers in NSW, annual medical reviews are required from 80 years of age and annual driving tests from 85 years of age. This is to ensure that older drivers are medically fit and are able to drive competently and safely. Annual medical and driving tests begin for motorcyclists at the age of 70.

<http://www.rms.nsw.gov.au/roads/licence/older-drivers/index.html>

## Help Stop Car Theft

- When you leave your car unattended, even for short periods, close all windows, remove the key from the ignition and lock all doors. Remember, it's an offence under the Australian Road Rules to leave your car unlocked;
- Ensure that you have removed all property from view, especially mobile telephones, clothing, bags and money in consoles when you leave your car – either take it with you or lock it in the boot;
- Try to park in a busy, well lit area and avoid car parks that have a history of theft or break-ins;
- Have an engine immobiliser or fuel cut-out switch installed to restrict the theft of your motor vehicle. Research has shown that this is one of the most effective ways to beat a thief;
- Use locking devices on the steering wheel or transmission shift. These devices can act as a deterrent to a thief;
- Don't leave personal papers such as license or registration in your motor vehicle. They may be used by the thief to dispose of your motor vehicle;
- Take your parking station ticket with you when you leave your motor vehicle unattended. This can make it difficult for the thief to steal your motor vehicle;

## Help Stop Scooter And Motorbike Theft

- Put a steering lock on and use a strong steel cable or D-lock to attach your bike to security rails or ground anchors;
- Get a professionally fitted combination alarm and immobiliser;
- Always use your garage to store your motorbike or scooter. If you don't have a garage, cover your motorbike or scooter when you're not using it

## Help Stop Bicycle Theft

- Buy a good quality lock because chains can be easily cut. D-locks or combination locks are best, but a good bicycle shop or DIY store can advise you. You could even use two locks for extra security;
- Always lock both wheels and keep the lock off the ground. This makes it harder to break;
- Take away any extras like lights and helmets;
- Have your bike frame security-marked with your name and postcode.

## Some points on how to secure your house while away

( Also see our fact sheet "**Security at Home**")

- Ensure all perimeter fences are in good order and that gates are kept closed and locked to restrict unauthorised access to your property
- Trim trees and shrubs from around doors and windows so as not to provide concealment to intruders and increase visibility to and from the street
- Install quality security lights around the perimeter of your home to provide more effective illumination at night. Consider having a monitored intruder alarm system installed.
- The power board to your home should be housed within a metal cabinet secured with an electricity authority lock to restrict tampering
- All perimeter doors to your home should be of solid construction and fitted with quality dead lock sets to restrict unauthorised access to the home
- All perimeter windows should be secured with key operated locks to restrict unauthorised access
- Glass within doors and windows should be reinforced by either adhering a shatter resistant film, replacing with laminated glass or having quality metal security grilles or shutters fitted to restrict unauthorised access
- Record descriptions, models and serial numbers of all your valuables to assist in easy identification should they be reported lost or stolen. Photograph jewellery and other collectables for easy identification.
- Engrave your driver's license number prefixed by the initials "NSW" on all items of value again to assist in easy identification
- Garages should be locked to restrict access. Roller-tilt and panel lift doors can be secured with additional lock sets in the form of hasp and staple or padlocks
- Garden sheds should be securely anchored to the ground to prevent lifting. A suitable lock set should also be fitted
- Garden tools, equipment and ladders should be locked away when not in use to prevent them being used to gain access to your home
- A dog can be a deterrent to thieves

\* Be sure to check our fact sheet on '**Active Lifestyles – Fitness**', found under the category of **Leisure and Lifestyle**, for more Tips about over 50's travel.

\* From November 2014, Pension Concession Card holders can apply for Gold Senior/Pensioner Opal card, for rail, bus and ferry travel. (see fact sheet on '**Opal card**' under the category of **Concessions**)