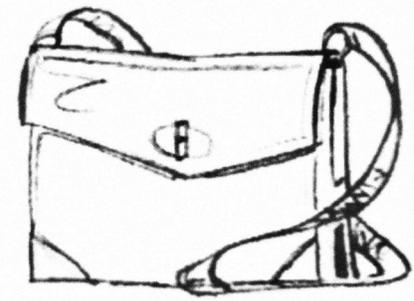


### Strategies to Increase Personal Safety

- Carry your purse close to your side. Keeping it close to your body and your arm over it makes it a little harder for someone to grab the purse.
- Men should carry their wallets in the front pocket for greater security.
- Always keep the purse zipped up.
- Do not leave your purse or wallet unattended.
- Do not put wallet, purse, or keys in your backpack.
- Do not carry lots of cash.
- What is in the purse or wallet? If it is important, photocopy it (as you would if going overseas).
- Have your keys ready before you get to the car or front door.
- Do not mark keys with your address.
- Tie your key on a rubber band and pin it under your blouse or shirt so that it is easy to reach — if your purse is stolen, you won't lose your keys.
- Investigate local self-defense courses for older people.



### Moving about Safely

#### Outdoor walking

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##### **Be Alert to Hazards**

1. Cracks and uneven sidewalks.
  2. Holes, dips, and rocks when walking on grass.
  3. Snow and ice. A covered patch of ice or a pothole filled with snow may cause a slip or fall.
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##### **Walking Safely**

1. Scan ahead as you walk.
  2. Heel-and-toe as you walk.
  3. Keep your head up, chin in, and shoulders back. This helps you to look ahead and walk with confidence.
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##### **Getting around the community safely**

1. Wear sturdy shoes. Consider traction devices for your shoes in the winter.
  2. Use the handrails.
  3. Cross only at the lights and when the sign reads “walk.” If the light starts to flash “don’t walk” when you’re already crossing, don’t panic and rush across the street but continue crossing at a safe speed.
  4. Make eye contact with the driver before you cross the road, even on a pedestrian crossing.
  5. Cross the road with a group.
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##### **Be extra careful in windy weather and when there is snow or ice**

1. Wear bright-colored clothing and carry a yellow or bright-colored umbrella.
2. If you feel unsteady, remember to ask for help — it’s a sign of strength, not weakness.
3. Plan ahead for outings so you don’t have to rush.
4. Take slower, smaller steps when walking over snow or ice.
5. Keep sidewalks and driveways well shoveled. Apply rock salt, other ice melting products, or sand to create traction on wet or icy patches. If needed, get help with shoveling or plowing after a storm.

