



English
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Don't let fear limit your life

NSW Multicultural Health Communication Service
website: <http://mhcs.health.nsw.gov.au>
e-mail: mhcs@sesahs.nsw.gov.au

NSW HEALTH
DEPARTMENT

Don't let fear limit your life

Getting out of the house to walk, see friends or visit new places is good for both physical and mental wellbeing - it provides us with exercise and opportunities to meet people and have new experiences. But many older people are so alarmed by reports of violent crime that they're reluctant to go out.

However, the good news from the NSW Police Service is that there are far fewer crimes committed against older people than younger people.

Because we hear so many reports of increases in juvenile crime, many older people feel threatened when they see groups of young people together. Again, it's important to be realistic. Juvenile crime is a problem, but those who commit these crimes are a minority - most young people don't commit crimes.

So don't let fear stop you enjoying the things you like doing. The following precautions, compiled with the help of the NSW Police Service, will make you feel safer while you're out:

Go walking or shopping with a friend if it makes you feel more secure.

Avoid carrying large sums of money - it's better to pay large bills by cheque. Paying for groceries or paying bills with a key-card which transfers money from your account means you hardly need to carry any money at all. If you must carry a large sum for some reason, keep it in an inside pocket.

When you go to the bank it's best not to go on the same day or at the same time every week - varying your routine helps pre-

vent theft. Always put your money straight into your wallet before leaving the teller or automatic teller machine.

If you carry a bag or a purse, hold it in front of you. Keep your purse or wallet in a front pocket or inside pocket - if your bag is snatched, your money will still be safe.

When you go back to your car, always have your keys ready by the time you get there - you're less likely to be caught off guard while you're fumbling for your keys.

As an extra precaution, get to know any Safety Houses along your route - they are indicated by a yellow safety house symbol.

If you believe you're in danger for any reason, you should: shout as loudly as you can, try to get the attention of people nearby, or go to the nearest shop or busy public place.

If you have concerns about your safety, contact the local police. To contact the police in an emergency, dial 000. If you cannot speak English, the operator will connect you to the Translating and Interpreting Service (TIS).

You can find more health information in English on the Multicultural Communication website at <http://mhcs.health.nsw.gov.au>

Telephone numbers are correct at time of publication but are not continually updated. You may need to check the numbers in the telephone directory.