

Crime Prevention for People with Disabilities

A physical disability — impaired vision, hearing, or mobility — doesn't prevent you from being a victim of crime. Common sense actions can reduce your risk.

- Stay alert and tuned in to your surroundings, whether on the street, in an office building or shopping mall, driving, or waiting for the bus.
- Send a message that you're calm, confident, and know where you're going.
- Be realistic about your limitations. Avoid places or situations that put you at risk.
- Know the neighborhood where you live and work. Check out the locations of sheriff and fire stations, public telephones, hospitals, restaurants, or stores that are open and accessible.
- Avoid establishing predictable activity patterns. Most of us have daily routines, but never varying them may increase your vulnerability to crime.



At Home

- Put good locks on all your doors.
- Install peepholes on front and back doors at your eye level. This is especially important if you use a wheelchair.
- Get to know your neighbors. Watchful neighbors who look out for you as well as themselves are a frontline defense against crime.
- If you have difficulty speaking, have a friend record a message — giving your name, address, and type of disability to use in emergencies. Keep the tape in a recorder next to your phone.

Out and About

- If possible, go with a friend.
- Stick to well-lighted, well-traveled streets. Avoid shortcuts through vacant lots, wooded areas, parking lots, or alleys.
- Let someone know where you are going and when you expect to return.
- Carry a purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket. If you use a wheelchair, keep your purse or wallet tucked snugly between you and the inside of the chair.
- Always carry your medical information in case of an emergency.
- Consider keeping a cellular phone or installing a CB radio in your vehicle.
- On Public Transportation use well-lighted, busy stops. Stay near other passengers.
- Stay alert. Don't doze or daydream.
- If someone harasses you, make a loud noise or say "Leave me alone." If that doesn't work, hit the emergency signal on the bus.



**TAKE A BITE OUT OF
CRIME[®]**

Crime Prevention Tips provided by:
www.ncpc.org