



This list was compiled by those involved with Neighbourhood Watch within Ku-ring-gai and Hornsby council areas. Please contact your Crime Prevention Officer (CPO) at Hornsby Police Station for more information. Phone: 9476 9799.



OUR 20 FAVOURITE CRIME PREVENTION TIPS FOR THE **SOCIALLY ISOLATED**

1. In apartment blocks, only 'buzz in' those people you know, even if they seem trustworthy. Ensure the door shuts behind you.
2. Know your immediate neighbours - In front, behind and 2 either side. Feel confident to ask your neighbours for help. Buddy with a neighbour— look for the opened curtains signal that all is OK.
3. Consider joining in with your local Neighbourhood Watch—find out more from the Crime Prevention Officer (CPO), **Hornsby Police Station 9476 9799**.
4. Try and stay connected with your community. Use the network of services available, such as from your council, or non-government organisations, such as The Shed. Some organisations can arrange return transport from your home. **Ku-ring-gai Shed: 9983 9732, Hornsby Shed: 9634 6037, Berowra Shed: 0490 149 262.**
5. Consider joining in with the **Safely Home** program—wandering persons ID and rapid return program. Contact:
Alzheimer's Australia Dementia Hotline 1800 100 500. fightdementia.org.au
6. It can be a relief to talk to someone who cares:
Lifeline Crisis Support 13 11 14. Lifeline.org.au
7. **Red Cross Telecross Service 1300 885 698** gives those alone a daily call. It gives the confidence to remain independent via daily human contact.
redcross.org.au/telecross
8. If you live on your own, request details of the **Next Of Kin Register** from **Hornsby Police Station 9476 9799**.
9. Try the **Ku-ring-gai Neighbourhood Centre 9988 4966**— Neighbour Aid Friendly phone calls, Companionship home visits, Social Support, Shopping Bus, Transport to Essential Appointments. Ask about their Mahjong dates. Centres based at St Ives, Berowra & Galston. knc.org.au

ENGLISH

10. **NSW Elder Abuse Helpline & Resource Unit 1800 628 221.** EAHRU provides information, support and referrals relating to the abuse of older people in NSW. Anyone can make the call. elderabusehelpline.com.au
11. Improve your home's security by arranging a FREE '**Safety Audit**' visit from your Crime Prevention Officer. They can recommend changes to make you feel safer.
12. Check out the government's **Stay Smart Online** website. Get a copy of '**The Little Black Book of Scams**' & stay aware. eg romance scams, scam artists such as tree-loppers, roof repair, etc. Don't be pressured into making a decision on the spot. Double-check with trusted friends or family.
13. Never accept offers of work from door-to-door tradesmen - Report to Travelling Conman Hotline **1300 133 408**. Only use tradies recommended to you, or that you have researched. Supervise them all the time in your home.
14. Don't tell burglars you live alone. Leave an answering machine greeting that says "**We can't come to the phone right now...** ", even if you live alone. If someone is at the door, call out loudly to your imaginary roommate that you will answer it, "**Don't worry—I'll get it!**" Don't list your first name on the apartment directory, or name plate.
15. Don't give out date of birth, credit card or bank account details, ever!
16. Don't leave door unlocked when expecting a visitor.
17. **DO NOT OPEN THE DOOR TO STRANGERS!** If they require your help in an emergency, offer to phone on their behalf.
18. If you are a carer, leave notes for the next carer out-of-sight, never on the front door.
19. Don't sign anything. But, if you have, use any cooling-off period to discuss issues with trusted friends or family.
20. Keep emergency numbers as easy dial/memory on your phone. Keep the phone by the bed, along with a torch for emergencies. Report anything suspicious.

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| FOR EMERGENCIES (Including anyone on your property) | 000 |
| TO REPORT ANYTHING SUSPICIOUS (Crime Stoppers) | 1 800 333 000 |
| TO REPORT NON-EMERG CRIME (Police Assistance Line) | 131 444 |
| IF YOU'RE NOT SURE (Hornsby Police Station) | 9476 9799 |
| TTY—To ask for Police, type PPP | 106 |
| SPEAK AND LISTEN | 1800 555 727 |