# Staying Safe After 60

**Safecore Defense — PROTECT YOURSELF. STAY SAFE.**

Getting older does not mean getting helpless. It means being smart about where risks really are — at home, on the street, in the car, and on the phone. This guide covers all four.

## At Home

- **Lock up every time.** Doors and windows locked, day and night, even when you are home. Most break-ins happen through an unlocked door.
- **Do not open the door to strangers.** Use a peephole or doorbell camera. Utility workers and delivery people will wait while you check. If someone says they are from a company, call the company to verify before opening.
- **Keep a phone by your bed.** Charged, with emergency numbers saved. A personal alarm on the nightstand is a good backup.
- **Good lighting inside and out.** Motion-sensor lights at every entrance. A well-lit home is a harder target.
- **Keep a flashlight in the bedroom, kitchen, and car.** Power cuts happen. A working flashlight keeps you safe and steady.
- **Know your neighbors.** A neighbor who knows your routine will notice when something is wrong. Trade phone numbers.

## Out Walking

- **Walk with a friend when you can.** Two people are a much harder target than one.
- **Stick to busy, well-lit routes.** Avoid empty parks, alleys, and unlit paths, especially after dark.
- **Carry a personal alarm.** Clip it where you can reach it in one second. It is legal everywhere and very loud.
- **Wear sturdy shoes.** Good footing matters more than fashion on a walk. A fall can do more damage than most people realize.
- **Keep your bag close.** A crossbody bag, worn in front, is much harder to snatch than a shoulder bag.
- **Do not carry large amounts of cash.** Take what you need for the trip and leave the rest at home.
- **If you feel uneasy, go into a shop.** There is no shame in it. Trust your gut.

## In the Car

- **Lock the doors the moment you sit down.** Before the seatbelt, before the radio.
- **Park under lights, near the entrance.** Avoid the far corner of the lot.

- **Check the back seat before getting in.** Every time.
- **Keep your gas tank at least a quarter full.** Running out of gas in a bad spot is a problem you can avoid.
- **Keep a charged phone and a flashlight in the car.** Also a paper map or written directions — phones die.
- **If someone approaches your car at a light or in a lot, keep the doors locked and drive on.** You do not owe a stranger a conversation.
- **If your car breaks down, stay inside with the doors locked.** Call for help. If a stranger offers help, crack the window and talk through it, or wait for official help.

## Scams to Watch For

Scammers target older adults more than any other group. Knowing the tricks is the best defense.

- **The grandchild scam.** A call from "your grandchild" in trouble, needing money fast, begging you not to tell anyone. Hang up. Call your family directly on a number you already have.
- **The government scam.** Someone claiming to be from the IRS, Social Security, or the police, saying you owe money or your benefits will stop. Real agencies do not call and demand payment by gift card or wire transfer. Hang up.
- **The tech support scam.** A pop-up or call saying your computer has a virus and they need remote access. Never give a stranger access to your computer. Close the pop-up and call a family member or a real local repair shop.
- **The sweepstakes scam.** "You won! Just pay the taxes first." You cannot win a contest you never entered. Real prizes do not ask for payment.
- **The romance scam.** A new online friend who falls in love fast and then needs money for an emergency, a ticket, or a hospital bill. Never send money to someone you have never met in person.
- **The golden rules:** never pay with gift cards or wire transfers, never give out passwords or account numbers on the phone, and when in doubt, hang up and call a family member or the police non-emergency line.

## Staying Strong and Steady

- **Move every day.** A short daily walk keeps your legs strong and your balance sharp. Strength and balance prevent falls.
- **Check your home for trip hazards.** Loose rugs, cords across walkways, clutter on stairs. Fix them now.
- **Keep a list of medications and emergency contacts on the fridge.** First responders look there.
- **Tell someone your plans.** When you go out, let a family member or friend know where you are going and when you expect to be back.

## GET THE GEAR

Safecore Defense carries personal alarms, flashlights, door alarms, and easy-to-carry safety gear made for everyday life — all backed by our **lifetime warranty on all products**.

**Shop now at www.safecoredefense.com — PROTECT YOURSELF. STAY SAFE.**