



# Community Contact Information

- Emergency: 911
- Seniors Helpline: 519-667-6600
- London Police Family Consultants: 519-661-5670
- Community Care Access Centre: 519-473-2222
- Public Guardian & Trustee: 1-800-891-0504

Issue	Department/ Organization	Phone Number
Untidy Property	City – By-Law	519-661-4585
Illegally Parked Vehicles	City – By-Law	519-661-4537
Chronic Police Issues (Noise, Property Damage, Petty Theft)	London Police COR Unit	519-6615983
Suspected Illegal activity	London Police	519-661-5670
Animal Issues	Animal Care & Control	519-685-1330 519-685-1640 after hours
Report Graffiti	City – Environmental Services	519-661-4570



Neighbourhood Watch London  
652 Elizabeth Street  
London, ON N5Y 6L3  
519-661-4533  
[www.neighbourhoodwatch.london.ca](http://www.neighbourhoodwatch.london.ca)

## Safer Communities for SENIORS

In this brochure – learn about

- Personal Safety
- Elder Abuse
- Fraud

Protect yourself against crime

- Be alert ✓
- Be aware ✓
- Be involved ✓

Report ALL crime & suspicious activity  
to the police

## Around your house or apartment ... ..

- Use only your first initial for phone listings and apartment listings.
- Do not open your door to strangers. Make sure you know anyone that you let into your apartment lobby. Don't hold the door for those you do not know. IT MAY SEEM RUDE BUT IT IS SAFER. THAT PERSON CAN USE THEIR OWN KEY OR BUZZ THE RESIDENT THEY ARE VISITING.
- Install a wide angle door viewer if you cannot see who is at the door.
- Make sure that there are good solid deadbolt locks on your doors. Lock your doors anytime you go out.
- Use timers on your lights. Leave a radio playing when you go out.
- Get to know your neighbours and exchange phone numbers.

## NEVER ANSWER YOUR DOOR TO SOMEONE YOU DON'T KNOW

### Be aware of common scams ... ..

**“GRAND PRIZE WINNER”:** If you have to purchase a product or send money in order to “WIN” IT MAY BE A SCAM!

**HOME REPAIR:** Make sure you need the work done. DID YOU CALL FOR AN ESTIMATE? Remember you make the call, they don't call you!

**BUILDING INSPECTORS OR REPAIRMEN:** Ask to see their identification. Don't let anyone in your home that you don't know or until you are certain they are legitimate.

**“BANK OFFICIALS”** Be wary of anyone calling from the bank. Do not give out your personal information to verify who you are. **YOUR BANK WOULD NEVER ASK YOU FOR THIS INFORMATION.**

## WHAT IS ELDER ABUSE?

Elder abuse is any action by someone in a relationship of trust that results in harm or distress to an older person. Neglect is a lack of action by that person in a relationship of trust with the same result. Commonly recognized types of elder abuse include physical, psychological and financial. Often, more than one type of abuse occurs at the same time. Abuse can be a single incident or a repeated pattern of behaviour. Financial abuse is the most commonly reported type of elder abuse.

## WHAT ARE INDICATORS OF ELDER ABUSE AND NEGLECT?

Elder abuse and neglect can be very difficult to detect. The following signs and symptoms may indicate that an older adult is being victimized or neglected:

- Fear, anxiety, depression or passiveness in relation to a family member, friend or care provider;
- Unexplained physical injuries;
- Dehydration, poor nutrition or poor hygiene;
- Improper use of medication;
- Confusion about new legal documents, such as a new will or a new mortgage;
- Sudden drop in cash flow or financial holdings; and
- Reluctance to speak about the situation.

## WHO CAN HELP?

It is important that the older person have access to information to make informed decisions and be aware of available help. This may include support and assistance from family members or friends, health care providers, social services, police, legal professionals and / or members of faith communities.

No one ever deserves to be abused or neglected.

For more information on ELDER ABUSE visit [www.seniors.gc.ca](http://www.seniors.gc.ca) or call 1 800 O-Canada (1-800-622-6232)