

## SENIOR SAFETY CHECKLIST

### 1. Phone Safety

- Never give personal or financial information to unexpected callers.
- Hang up if someone pressures you to act immediately.
- Verify callers using official phone numbers.
- Use call blocking features to reduce robocalls.

### 2. Email & Online Safety

- Do not click links or open attachments from unknown senders.
- Watch for misspellings, strange email addresses, or urgent messages.
- Avoid sharing personal info online.
- Use strong passwords and enable two-step verification.

### 3. Financial Safety

- Review bank and credit statements monthly.
- Shred documents with personal information.
- Never send money to someone you haven't met in person.
- Avoid wiring money, gift card payments, or crypto to strangers.

### 4. Computer & Technology Safety

- Install antivirus and keep software updated.
- Never give remote access to unexpected callers.
- Only download apps from trusted stores.

### 5. Home & Doorstep Safety

- Do not let strangers into your home without verification.
- Ask service workers for official identification.
- Avoid signing contracts or paying upfront for repairs.

### 6. Romance & Friendship Scams

- Be cautious of online connections who express quick affection.
- Never send money to someone you haven't met face-to-face.
- Watch for excuses to avoid meeting.

### 7. Health & Medicare Safety

- Guard your Medicare number.
- Decline offers for 'free' medical equipment requiring Medicare info.
- Review Medicare statements regularly.

### 8. General Safety Tips

- Trust your instincts.
- Discuss suspicious offers with family.
- Stay updated on scam trends.
- Report scams to local authorities or the FTC.

### 9. Emergency Contacts

- Trusted Family Member: \_\_\_\_\_
- Bank Fraud Hotline: \_\_\_\_\_
- Police Non-Emergency: \_\_\_\_\_
- Medicare Fraud Line: 1-800-MEDICARE