



Safety

Keep calm and... Don't Get Hooked

Avoid getting reeled in
by scams aimed at seniors

By the time we found out
the truth, all her money
was gone.

Pay attention if your elderly
parent's routine changes all
of a sudden.

I wish I had.



Ways to Protect Yourself

- Don't isolate yourself - stay involved.
- Always tell solicitors: "I never buy from or give to anyone who calls or visits me unannounced. Send me something in writing."
- Change your online password quarterly.
- Shred all receipts that contain your credit card number.
- Sign up for the "Do Not Call" list and the "Opt Out Mailing" list.
- Always have a second line of defense at your front door, like a locked screen door or a security chain guard.
- If you are having trouble keeping track of your finances, hire a reputable fiduciary or professional to handle various aspects of your affairs.

If you have lost money in a scam, contact law enforcement
or call 1-800-510-2020



www.SafeSeniorsSanDiego.com