

- ◆ Get a second opinion.
- ◆ Be wary of high-pressure tactics, need for quick decisions, demands for cash only, or high yield low-risk investments.

## TAKE A STAND!

- ◆ Join, or help organize, a Neighborhood Watch group. Make sure their meetings are accessible to people with disabilities. For example, do they need a sign language interpreter? Can individuals who use walkers, crutches, or wheelchairs enter the meeting place?
- ◆ Work with local law enforcement to improve responses to all victims or witnesses of crime. Role-play how people with disabilities can handle threatening situations.
- ◆ Work with a rehabilitation center or advocacy groups to offer a presentation to schools and other community organizations on the needs and concerns of individuals with disabilities.

## FOR INFORMATION

Equal Employment Opportunity Commission  
1801 L Street, NW  
Washington, D.C. 20507  
800-669-3362 / 800-800-3302 TDD  
202-663-4900 / 202-663-4494 TDD

National Easter Seal Society  
70 East Lake Street  
Chicago, IL 60601  
800-221-6827 / 312-726-6200  
312-726-4258 TDD

Paralyzed Veterans of America  
801 18th Street, NW  
Washington, D.C. 20006  
800-424-8200 / 202-872-1300

United Cerebral Palsy Associations, Inc.  
1522 K Street, NW, Suite 112  
Washington, D.C. 20005  
800-USA-5UCP V/TT  
202-842-1266 V/TT

U.S. Dept. of Justice, Office of the  
Americans with Disabilities Act (ADA)  
Civil Rights Division  
P.O. Box 66118  
Washington, D.C. 20035-6118  
202-514-0301 ADA Hotline  
202-514-0383 TDD

*Crime Prevention Tips from:*

National Crime Prevention Council  
1700 K Street, NW, Second Floor  
Washington, D.C. 2006-3817

and

**LARAMIE COUNTY  
SHERIFF'S OFFICE  
Crime Prevention Unit  
307-633-4751**

**Emergency  
911**

**Non-Emergency  
307-637-6525**

*Visit us online at  
[www.lcsd.net](http://www.lcsd.net)*



**LARAMIE COUNTY  
SHERIFF**

*Sheriff Danny L. Glick*



# Crime Prevention For People With Physical Disabilities

A physical disability - impaired vision, hearing, or mobility - doesn't prevent you from being a victim of crime. Common sense actions can reduce your risk.

## LOOK OUT FOR YOURSELF

- ◆ Stay alert and tuned in to your surroundings, whether on the street, in an office building or shopping mall, driving, or waiting for a bus or subway.



*International  
TDD Symbol*

- ◆ Send the message that you're calm, confident, and know where you're going.
- ◆ Be realistic about your limitations. Avoid places or situations that put you at risk.

- ◆ Know the neighborhood where you live and work. Check out the locations of police and fire stations, public telephones, hospitals, restaurants, or stores that are open and accessible.
- ◆ Avoid establishing predictable activity patterns. Most of us have daily routines, but never varying them may increase your vulnerability to crime.

## AT HOME

- ◆ Put good locks on all your doors. Law enforcement officers recommend deadbolt locks, but make sure you can easily use the locks you install.
- ◆ Install peepholes on the front and back doors at your eye level. This is especially important if you use a wheelchair.

- ◆ Get to know your neighbors. Watchful neighbors who look out for you as well as themselves are a frontline defense against crime.
- ◆ If you have difficulty speaking, have a friend record a message (giving your name, address, and type of disability) to use in emergencies. Keep the tape in a recorder next to the phone.
- ◆ Ask your law enforcement agency to conduct a free home security survey and to help identify your individual needs.

## BEFORE YOU GO ON VACATION

- ◆ Plan ahead. If you're traveling by car, get maps and plan your route. Have the car checked before you leave.
- ◆ Leave copies of the numbers of your passport, driver's license, credit cards, and traveler's checks with a close friend or relative in case you need to replace these papers.
- ◆ Put lights and a radio on timers to create the illusion that someone is at home while you're away. Leave shades, blinds, and curtains in normal positions. Stop mail and deliveries or ask a neighbor to take them in.

## OUT AND ABOUT



*International  
Symbol for  
Blindness*

- ◆ If possible, go with a friend.
- ◆ Stick to well-lighted, well-traveled streets. Avoid shortcuts through vacant lots, wooded areas, parking lots, or alleys.

- ◆ Let someone know where you are going and when you expect to return.
- ◆ Carry a purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket. If you use a wheelchair, keep your purse or wallet tucked snugly between you and the inside of the chair.



*International  
Accessibility  
Symbol*

- ◆ If you use a knapsack, make sure it is securely shut.
- ◆ Always carry your medical information in case of an emergency.

Consider carrying a cell phone.

## ON PUBLIC TRANSPORTATION

- ◆ Use well-lighted, busy bus stops. Stay near other passengers.
- ◆ Stay alert. Don't doze or daydream!
- ◆ If someone harasses you, make a loud noise or say "Leave me alone." If that doesn't work, hit the emergency signal on the bus or train.

## DON'T LET A CON ARTIST RIP YOU OFF

- ◆ Many con artists prey on people's desires to find miracle cures for chronic conditions and fatal diseases. To outsmart these con artists, remember these tips.
- ◆ If it sounds too good to be true, it probably is.
- ◆ Don't let greed or desperation overcome common sense.