

# Travel Safety for Seniors



Safety tips to help keep you safe while on vacation

# Vacation Safety Awareness



# Home Preparation

- Hold mail and newspaper deliveries
  - You can also have a neighbor collect the mail and newspaper for you (if you forgot to have the mail held)
- Notify neighbors of vacation
  - This will help if there is any suspicious activity at your home
  - Leave contact information with neighbors



# Home Preparation

- Turn off the main water supply
  - This will help prevent any water damage while you are gone
- Turn down or up the thermostat
  - This will help prevent the over use the AC or furnace
- Electronics
  - Unplug coffee makers, toasters, and electric fireplaces
  - This will help prevent an electrical fire

# Vehicle Preparation

- Safety kits in the vehicle
  - Summer time, bottled water, first aid kit, paper maps, cellphone chargers and etc...
  - Winter time, blankets, candles, matches, paper maps, cellphone chargers and etc...
- Maintenance on vehicles
  - Have all fluids checked
  - Oil change for long trips
  - Check windshield wipers
  - Have tires rotated for long trips
  - Check lights and possible bring extra light bulbs



# Traveling Preparation

- Map out the route to destination if by car
  - Inform family and friend the route traveled
  - Have emergency numbers written down for the areas you are traveling
- Know where possible stations or rest stops are located
  - Have an approximate location of where you would be staying the night
  - Update you family as you are traveling

# Traveling Preparation

- Traveling with cash or credit
  - Notify your bank of your travel plans if leaving the state for any time, gives the states you be traveling in
    - Examples, South for the winter or traveling just a few days
  - Do not travel with all of your credit cards
    - Carrying 1 major credit card as recommend by Banks
  - Divided the cash between each other
- Health systems
  - Research the area for health systems, to find out where your health insurance is accepted

# Traveling Preparation

## ○ Medications

- Have medications filled or check the area for clinics that can fill the medication
- You can speak with your doctor, inform him of the vacation with possible areas to fill medications

## ○ Medical informing

- Insurance card
- List of medications in wallet/purse
- List of medical history in wallet/purse



# Airport Safety

- Terminal safety
  - If traveling alone, find a person traveling on same flight and befriend that person until on the plane.
  - During the screening process, place any electronics last to be checked
  - Do not let anyone else handle your bags.
  - Do not lock your carry-on luggage, if locked, TSA will request to search the carry-on

# Airport Safety

- On the plane
  - Do not drink to much alcohol
  - Dress for comfort
  - Place carry-on luggage in the overhead bin above your seat, this will prevent anyone from entering your bag during the flight
- Landing at your destination
  - Do not crowd the aisle, wait your turn to exit the plane
  - Ask for assistance if needed to get your carry-on from the over head bin

# Airport Safety

- Identify your luggage at the baggage claim
  - Place ribbons, stickers or colored tape, to identify your luggage
  - The best place to secure this is the handle
- Car rental
  - Keep rental papers, maps, and other indicators of a traveling out of plain sight
  - Write down or take a picture of the license plate, and know the make and model

# Safety on Vacation

- Hotel or Resort
  - Get more than two keys for your room, so you keep one in your wallet or purse for the trip
  - Provide family or friends with the hotel and room number
  - Keep your valuables and medications in the safe while out of the room



# Safety on Vacation

- Plan attractions to visit
  - This will allow you to plan your day and know where you are going
  - This may help prevent from appearing to be tourist, which will help you from being a victim
- Wallets and purses
  - Keep wallets in front pocket, use a full shoulder strap on the purse
  - Example, Satchel, shoulder bag, or murse

# Personal Safety

- Know your surroundings
  - Familiarize yourself with the streets around your hotel or resort
  - Be aware of what is going on around you
- Be mindful of the neighborhood
  - Time of day and night does the area appear safe or not
  - Don't put yourself in a bad situation
- Weapons
  - Mace, purse, hands, feet anything to protect yourself
  - Use your **VOICE**

# Questions for Discussion



Thank you for attending!  
If you have any further questions or  
comments, please contact  
The Sheriff's Office.



*Carver County Sheriff's Office*

*"Leading the way ... and then some"*

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