

## Resources

### Equal Employment Opportunity Commission

1801 L Street, NW  
Washington, DC 20507  
800-669-3362  
800-800-3302 TDD  
202-633-4900  
202-633-4494 TDD

### National Easter Seal Society

240 W. Monroe Street, Suite 1800  
Chicago, IL 60606-4802  
800-221-6827  
312-726-6200  
312-26-4258 TDD

### Paralyzed Veterans of America

801 18th Street, NW  
Washington, DC 20006  
800-424-8200  
202-872-1300

### United Cerebral Palsy Associations, Inc.

1660 L Street, NW, Suite 760  
Washington, DC 20036  
800-USA-5UCPV/TT  
202-842-1266 V/TT



CRIME PREVENTION TIPS FROM

National Crime Prevention Council  
1000 Connecticut Avenue, NW  
13th Floor  
Washington, DC 20036  
[www.ncpc.org](http://www.ncpc.org)

AND

# CRIME PREVENTION FOR PEOPLE WITH DISABILITIES



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National Crime Prevention Council

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**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.

- ▶ Stay alert and tuned in to your surroundings, whether on the street, in an office building or shopping mall, driving, or waiting for the bus or subway.
- ▶ Send a 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. Police recommend double-cylinder, deadbolt locks, but make sure you can easily use the locks you install.
- ▶ Install peepholes on 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 your phone.
- ▶ Ask your police department to conduct a free home security survey to help identify your individual needs.

## Out and About

- ▶ 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.

- ▶ If you use a knapsack, make sure it is securely shut.
- ▶ Always carry your medical information in case of an emergency.
- ▶ Consider keeping a cellular phone or installing a CB radio in your vehicle.

## On Public Transportation

- ▶ Use well-lighted, busy 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.

## 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.