



Royal Bahamas Police Force

Working together for a safe Bahamas

Crime Prevention Tips for People with Physical Disabilities

A physical disability - impaired vision, hearing, or mobility - doesn't prevent you from being a victim of crime. The following 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 a bus.
- 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 and 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 taking a cellular phone with you when travelling.

Police Emergency
911

National Crime Prevention Office
302-8430 / 1
www.royalbahamaspolice.org

Crime Stoppers
328-TIPS (8477)
Family Islands
(242) 300-8476

"To make The Bahamas a safer place to live, work, visit and play."