

KEEPING CONNECTED

Being socially active and engaged in the community can increase your health and happiness. Social isolation and loneliness are significant issues for Australians. The good news is, there are plenty of ways you can keep connected in your community.

Get neighbourly

Introduce yourself to your neighbour and help create stronger and safer communities, our *Hey There!* resource can help you with this.

Get out and about

Start a hobby or join a club, you might discover a new talent whilst connecting with people with shared interests.

Connect via the internet

If you have friends or family who live away, stay connected via email, social media or video calls.

Volunteer for a local organisation.

Check out some community events

Contact your local council for upcoming events in your area.

Connect with us!

 www.nhwnt.org.au

 [nhwnt](#)

 [nhw_nt](#)



IMPORTANT CONTACTS

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Police, Fire and Emergency Services
To report a life-threatening emergency.

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Police, Fire and Emergency Services
For those with a Hearing or Speech Impairment.

131 444

Police Assistance
For Police assistance or to report any suspicious activity.

1800 333 000

Crime Stoppers
For anonymous reporting of information.

1800 672 242

Victims of Crime NT
Support, advocacy and prevention strategies for those who have been, or may be, affected by crime.



All Territorians have the right to safer, better connected and more inclusive Territory communities.

SENIOR'S SAFETY ADVICE



HOME SAFETY

Everybody deserves to feel safe in their home. There are some simple steps you can take to improve your home security and increase your sense of safety.

How safe is my place? is a joint initiative between NHWNT and Victims of Crime NT. Complete the online self-assessment to review your home security and find out how you can improve your safety.

Visit: www.nt.howsafeismyplace.com.au

Stop. Look. Lock. Secure your home with security screens and locks on your doors and windows. Lock up with a key, even when you are home and avoid leaving keys hidden outside.

Safety Action Plan – discuss ‘What if?’ scenarios with your family. What if an intruder was in your home; where would you seek refuge? What if you came home and discovered a break-in?

Speed dial for emergencies – ensure you have access to a phone at all times and that speed dial is set up with emergency contacts.

Place valuables in a safe place and out of plain sight. Also consider keeping an asset register.

House numbers – your house number should be clearly visible during the day and night to make it easier for emergency services to find you.

Complete the **Absentee Advice Form** before going away. This form provides emergency services with details of who to contact in the event of an emergency at your property. The form can be completed at:

www.nhwnt.org.au/resources

ONLINE SAFETY

The internet is a great resource to help stay connected, but there are some precautions you should take to keep yourself safe online.

Be aware of scams

Remember, if it looks too good to be true, it probably is. Avoid opening suspicious texts, pop-up windows, links or attachments in emails. If you are worried you may have been scammed, visit www.scamwatch.gov.au

Keep personal details and passwords secure

Use password protection on your devices and choose your passwords carefully - make them difficult for other people to guess.

Review your privacy and security settings

Be careful who you connect with, don't share too much personal information and be mindful of advertising your absence from home.



PERSONAL SAFETY

Your safety is important and protecting it shouldn't be overly difficult, limit your opportunities or restrict your lifestyle. Check out these tips to keep yourself safe, whilst maintaining your independence.

Be aware of your surroundings – take the time to be aware of who and what is around you.

Be a hard target – be alert, walk with confidence and keep to well-lit and populated areas.

Keep your valuables on you – avoid leaving your bag or valuables unattended, keep your bag zips closed and only keep small amounts of cash on you.

Photocopy all of your cards and important personal information (Visa/MasterCard, Medicare, etc.) to keep somewhere safe in case your purse/handbag/wallet gets lost or stolen.

Don't give out your personal information over the phone – you don't know who you are talking to or what they may do with your information.

When going out, let a friend or family member know where you are going and when you expect to return.