Introduction

This report is for anyone who is working in existing programs, or wishes to create new programs, that help older Americans live safer, fuller lives. It highlights crime prevention actions that older individuals can take to protect themselves, raises awareness of society’s attitudes towards its elders and this population’s unique concerns, provides practical guidelines on communication skills and logistics, and addresses the complex issue of elder abuse.

Equally important for working with elders, older Americans are seen as valuable community resources—who—as tutors, neighborhood watch organizers, mentors, and citizen patrols, to name only a few roles—make enormous contributions to the community’s well-being.

Why a Special Effort for 65 +?

Fear of crime among some older Americans is dramatically disproportionate to actual victimization rates of the elderly. This fear exacerbates feelings of isolation and helplessness, leaving many elderly increasingly vulnerable to mental depression, illness—and crime.

Even a minor crime, such as purse snatching, can cause major emotional, physical, and financial trauma for an elderly person.

Profiling Older Americans

Since 1900, the percentage of Americans 65 and over has tripled, from 4.1% in 1900 to 12.4% in 1988. Today approximately one in every eight Americans is over 65.

- Elderly women outnumber their male counterparts. 1988 estimates showed a ratio of 146 women for every 100 men. This ratio increases with age to a high of 257:100 for persons 85 and older.
- The majority of older Americans live in a family setting, not in an institution. Almost one-third of all noninstitutionalized elderly live alone.
- The older population itself is getting older. In 1988, the 65–74 age group was eight times larger than in 1900, but the 75–84 group was 12 times larger and the 85+ group was 23 times larger.
- By 1988, persons reaching age 65 had an average life expectancy of an additional 16.9 years.

Source: A Profile of Older Americans, 1989, American Association of Retired Persons (AARP)
Fear of Crime: Myth Versus Statistics

- Compared to other age groups, people 65 and over have the lowest rates for most types of crime, according to the U.S. Department of Justice’s Bureau of Justice Statistics. The exception to this pattern is personal larceny, notably purse snatching and pocket picking, but these rates do not differ significantly from rates for other age groups.
- Older people greatly fear crimes of violence, but these are the ones that happen least often. Victims of violent crime are predominantly young and male.
- Most murders and assaults are committed by relatives or friends and not by strangers. This holds true for all age groups.
- Despite widespread fear, the crime of rape almost never happens to women over 65. The overwhelming majority of rape victims are women in the 16–34 age group.
- The crimes committed most frequently in the United States are property crimes such as burglary. These crimes usually occur when people are away from their homes, and they are probably the most preventable crimes.

Fear can, and frequently does, imprison the elderly in their homes. Knowledge and involvement help older citizens retain control over their lives, remain independent, and feel useful and needed.

An Exercise In Sensitivity
When working with older individuals, think about:
- the loss of family and friends that older people suffer;
- the difficulty of living on a fixed and often inadequate income;
- problems of home and hospital care when illness—minor or catastrophic—strikes;
- the lack of transportation;
- the loneliness that increases when one gets older.

Popular culture in America tends to value a youthful face and a slim, smooth body. It is hostile to the idea of aging—a natural, lifelong process. This contributes to an environment of biases, stereotypes, and attitudes that often tell the elderly they are no longer part of mainstream society. Is this what we want for ourselves as we grow older?

Designing Crime Prevention Programs for Older Americans

1. Confront Fear of Crime
Fear of crime is a critical issue to many older individuals, even when unsupported by statistics. Fear can, and frequently does, imprison the elderly in their homes. Crime prevention practitioners who work with senior citizens are unanimous in agreeing that knowledge is the best antidote to fear: knowledge about the reality of crime rates, knowledge about avoiding victimization, and knowledge about how to respond when crime strikes.

Equally important in countering fear is community involvement—ranging from Neighborhood Watch or a book club to volunteer court watchers or tutors at local schools.

Knowledge and involvement help older citizens retain control over their lives, remain independent, and feel useful and needed.

Taffy Wilner, long-time Director of the St. Louis County (Missouri) Older Resident Program’s (CORP) Crime Prevention Program and now a senior citizen herself, believes that Neighborhood Watch is one of the best ways to fight fear of crime, simply because “if people know their neighbors, they aren’t as afraid. Living alone breeds fear, and that gets worse if one doesn’t get out. Socializing and mental stimulation are essential.” CORP offers an incredibly diverse array of services for senior citizens—programs that not only help people with problems but involve them in the solutions. Retirees with mechanical skills install locks, replace doors, and fix steps—older clients with resources gladly pay for the service, while low-income seniors are not charged. Other activities include an Opportunities Fair for seniors, an annual award ceremony honoring volunteers, a cable TV show produced by retirees, crime prevention presentations to churches, AARP and other senior groups, a newsletter, a library of large print books and magazines that serves the home-bound elderly, shopping assistance, telephone reassurance, transportation, legal assistance, and help with insurance forms.

Established in 1984, the Boston Police Department’s Senior Response Unit patrols 118 senior housing complexes plus meal sites, senior centers, and other areas frequented by the elderly. The patrols become part of the senior citizen community, helping them when crime occurs, teaching prevention measures, and joining in celebrations. All officers are certified crime prevention practitioners. If a crime involves an elderly victim, the responding officer checks a box on the incident report, automatically referring it to the Senior Response Unit. An officer visits the victim, shows him or her how to prevent future crime, and makes a second visit if the victim is still afraid. The unit’s commander, Lieutenant Russell Black, works directly with presidents of senior clubs and other activists to schedule any prevention presentations that they feel are needed.

Research shows that older Americans, raised in a more trusting age, often don't use the locks they have and are careless about letting strangers into their homes.
2. Encourage Older Americans To Be Alert

The elderly are most vulnerable to burglaries, con games, and street crimes such as purse snatchings. Research shows that older Americans, raised in a more trusting age, often don’t use the locks they have and are careless about letting strangers into their homes. Many prefer to deal only in cash and keep large amounts of cash at home. They don’t trust Direct Deposit, and they look for bargains to stretch their limited funds. Many elderly live alone. Today’s extensive media coverage of crime often heightens irrational fears about violence and crime.

Basic crime prevention information needed by older individuals doesn’t differ significantly from knowledge useful to other adults. It falls into three broad categories:

1. Home security (apartments and houses)

2. Con games, from classic scams to newer variations such as telemarketing and nursing home insurance fraud

3. Self-protection

Key Points To Make

Home Security. Install good locks on doors and windows and USE them: ask for identification from delivery people, meter readers, salespersons BEFORE letting them inside your home and call the company to verify; join Neighborhood Watch; make an inventory of all valuable property and mark it with some identifying number (such as Social Security or driver’s license).

Con Games. Be alert to investment schemes, fraud by personal caretakers, and home improvement scams. Other frauds that victimize the elderly include: medical frauds, particularly arthritis remedies and cancer clinics; instant weight-loss schemes and quack baldness remedies; work-at-home schemes; investments in land, sight unseen; the classic Pigeon Drop, Bank Examiner, and Obituary Column scams; phone calls announcing a contest winner if the individual gives a credit card number as confirmation. Check with fraud and bunco specialists about frauds commonly encountered in your community.

Be wary of any scheme that sounds too good to be true. Don’t rush into signing anything (contracts, sales agreements, an insurance policy), and carefully read any agreement before signing. Report con games to the police, regardless of embarrassment. Provide information on local consumer protection agencies.

Key Points To Make

How to communicate effectively with an emergency telephone operator—information he or she needs to get help to you; don’t go into your home if you suspect burglary; consequences of resisting a purse snatcher or mugger; sharpening observation skills to give law enforcement the best information possible; how neighbors and friends can help victims of crime.

4. Encourage Older Americans To Get Involved

Debunk the myth that the only answer to crime is more police and more jails. Older people in particular have both time and a wealth of experience to offer their communities.

Self-Protection. Go out with friends, not alone; don’t daydream when walking, but stay alert to surroundings and street traffic; don’t carry large amounts of money, but take only as much as needed, one credit card, and identification in a small change purse; use Direct Deposit for Social Security and other pension checks; drive with the car doors locked and be particularly alert in parking lots. Be especially careful during the holiday season, vacation travel, and when using public transit.

3. Encourage Older Americans To Be Aware

The elderly, like anyone else, deserve answers to the question, ‘What if it happens to me?’ Critical issues include: awareness of the 911 emergency number (or the emergency number for police, fire, and paramedics in communities that do not have 911); tips on reacting to a burglary or mugging to avoid injury; community agencies besides law enforcement that can help crime victims, notably victim/witness services.

And more....
The Bridge Street A.M.E. Church in New York City matches trained volunteers, mostly senior citizens, with families who need mentoring and support. A young child aptly summed up the program's impact—"They're giving out grandmothers at the church, and I want one!"

Juanita Smith of the Atlanta, Georgia, Police Department uses newspaper clippings of crime stories to make her senior citizen audiences aware of the irrationality that underlies much fear about crime. Her special Neighborhood Watch program is tailored to older residents—it establishes a buddy system whereby neighbors check on one another, accompany each other to the bank or store, and watch over homes when people are away. All crime reports listing elderly persons as victims are forwarded to the crime prevention unit. Its officers contact the victim, call in a neighbor or relative if the individual is still fearful, make a follow-up visit, and link the victim to any needed social services.

Alternatives to Fear, a Seattle, Washington, organization with its roots in the feminist movement and rape prevention, has developed a popular crime prevention and self-defense course for senior citizens. Its workshop talks about why society devalues age, basic crime avoidance techniques, and choices and resources available if an elderly person is victimized. Three strategies are emphasized: physical and verbal resistance, getting help, and escaping. Self-defense exercises focus on balance (they're based on physical therapy techniques for persons recovering from hip or knee surgery), how to break away, and punching and kicking. The class gives tips on about walking to enhance balance, ways to show confidence that take account of such problems as arthritis and bifocals, and gathering information about one's surroundings even if some senses are impaired. The underlying belief is that fear subsides when the elderly have more resources and more confidence.

In Brooklyn's Borough Park—a tight-knit Italian and Jewish neighborhood—the streets are safe, but burglary is a serious problem. The Council of Jewish Organizations offers older residents on low incomes both peace of mind and real security through a program that installs locks, peepholes, and window bars. Referrals come from the area's social service agencies, hospitals, and community organizations. Council staff give crime prevention presentations to senior clubs and talk to clients individually about fear, bolstering self-confidence so the elderly can again venture out into the neighborhood.

### What Older Americans Need From Their Communities
- Safety and shelter
- Companionship and privacy
- Accessibility
- Stimulation
- Confidence, competence, control
- Sense of belonging
- Sense of purpose or well-being.

*Source: A Change for the Better: How to Make Communities More Responsive to Older Residents, AARP, 1989*

Members of the Retired Seniors Volunteer Program in Las Vegas work with the district attorney's office to ease elderly victims' trauma by helping them replace important papers like Social Security cards and drivers' licenses.

The Retired Senior Volunteer Patrol is a highly valued resource to the Chino, California, Police Department. RSVP volunteers (all 55 and over) do vacation patrols, tag abandoned vehicles, help staff crime prevention booths at community events, work with Neighborhood Watch groups, and patrol shopping centers to monitor handicapped parking. Their efforts give officers more time to respond to calls for police service. RSVP volunteers are treated, and respond, as professionals—they wear uniforms and receive both orientation and inservice training. In the words of crime prevention officer Judy Akturk, "We have high expectations, and they always meet them. They feel that they belong."

### Intergenerational Programs
Older persons and youth in this country have much in common—they are vulnerable to exploitation, often dependent, and are frequently overlooked as potential community resources. Our age-segregated society creates isolation among generations, which is increased by mobility of families and divorce. And isolation, both in families and communities, contributes to an environment where irresponsible actions, neglect, and crime often thrive.

In intergenerational programs, everyone wins—children and young people learn survival skills, become more aware of the aging progress and elders' needs, and often gain a trusted mentor or advocate. Senior citizens have a sense of purpose and of being needed. Both groups gain in self-esteem and confidence.

Older persons and youth in this country have much in common—they are vulnerable to exploitation, often dependent, and are frequently overlooked as potential community resources.
In Chicago, "Grandma, Please" is a "warmline" that links latchkey children of working parents by telephone to older volunteers who offer warmth, wisdom, and wit to children who may be lonely and sometimes afraid. Phone operators patch the children's calls to volunteers' homes. More than 800 calls come in each month. From 1985 to 1989, about 28,000 schoolchildren have used "Grandma, Please," and 80 "grandparents" have manned the lines. The program now has spin-offs in other cities.

To gain some understanding of relationships between elders and at-risk youth, a privately funded study examined five exemplary intergenerational programs in 1987–88. These initiatives involved adults in the federal Foster Grandparent program, retirees from several labor unions, and other older volunteers to aid teenage mothers, jail-bound young offenders, and potential high school drop-outs. The results revealed that, in the majority of pairings, powerful relationship were formed that helped these at-risk youth change patterns of failure to success and survival. In turn, the "grandparents" were challenged and exhilarated by the experience.

---

In Chicago, "Grandma, Please" is a "warmline" that links latchkey children of working parents by telephone to older volunteers who offer warmth, wisdom, and wit to children who may be lonely and sometimes afraid.

**Logistics**

**Time, Place, and Space**

If possible, consult with seniors in the community about the best times and places to hold crime prevention presentations. The following guidelines can help.

1. Choose a location that is convenient as well as accessible for anyone with physical handicaps. This could be a senior center that serves meals and offers social activities, a church, a community center, a public library, a senior apartment complex.
2. Consider providing transportation through vans, buses, or volunteer carpools.
3. Try to hold your crime prevention presentation in the daytime.
4. Provide refreshments and time for socializing.
5. Publicize the event through local newspapers, church newsletters, cable TV, posters on bulletin boards in grocery stores, handouts in doctors' offices.

---

**Communicating Effectively**

1. Don't be patronizing or condescending. Rid yourself of the common perception that seniors have to be treated like children. Intelligence doesn't decrease with age!
2. Be aware that your audience may have sight or hearing problems. Speak clearly, avoid microphones if many in the audience have hearing aids, use large print on handouts and displays.
3. Make your presentation brief and alter the pace with slides or a video. You may want to offer a series of presentations, rather than trying to cover everything about crime prevention in 45 minutes.
4. Encourage the audience to share experiences. Ask "Have you or anyone you know been a victim of a burglary (con game, street crime)? Tell us what happened. What did you do about it? How would you prevent this from happening again? What were your feelings about the incident—anger, shame, fear?"
5. In group discussions, discourage counter-productive bitterness, criticism, moralizing, and going off on unrelated tangents.
6. Make it challenging and enjoyable. Use games (variations on bingo work well), give everyone a favor (a whistle, kitchen magnet with emergency phone numbers on it, a flashlight for example), persuade a local merchant to donate a door prize, have McGruff make a surprise appearance.

---

**Rid yourself of the common perception that seniors have to be treated like children. Intelligence doesn't decrease with age!**
Services Crime Prevention Groups Can Offer Older Americans

- Assistance with home and personal security:
  - Home security surveys
  - Free lock installations for low-income elderly.

- Newsletter with crime prevention tips, volunteer opportunities, updates on con games and consumer fraud, Neighborhood Watch events.

- Cable TV or talk radio program for older Americans that addresses a wide range of issues of concern to this age group.

- Assistance in organizing residents into a Neighborhood Watch group and suggestions on revitalizing watch groups through activities that expand its scope, such as beautification projects, tutoring programs, blood bank drives, special events.

- Help in organizing, training, and monitoring citizen patrols that work closely with law enforcement.

- Victim/witness services, including assistance in filing victim compensation claims, obtaining information on court processes, and accompanying witnesses to court.

- Transportation, such as escort services or a volunteer car pool.

- Reassurance call-in programs.

- Directory of Helping Resources in the community from law enforcement and social services to legal services, Area Agency on Aging, and Meals on Wheels.

- Training in crime prevention and recognizing elder abuse for all professionals and volunteers who work with the elderly.

AARP, the International Association of Chiefs of Police, and the National Sheriffs’ Association are responding to prospective demographic changes and the needs of the elderly through an innovative, cooperative initiative called TRIAD. Now in the final developmental stages, TRIAD will promote national, state, and local cooperation between law enforcement and AARP to prevent victimization of older Americans, offer elderly victims appropriate services, and encourage communities’ use of older volunteers. A key element will be the SALT (Seniors and Law Enforcement Together) Council. This advisory group, composed chiefly of older members of the community, will help law enforcement executives determine community needs and resources and explore ways to involve volunteers. Additional areas that local TRIADS may address include training for law enforcement in how to deal effectively with the elderly and fear reduction programs. St. Martin Parish in Louisiana is one area now piloting a TRIAD project.

Since 1979, the Senior Escort Program (operated by the San Francisco Police Department) has provided over a million protective escorts to citizens over 60 years old, many of whom live in high-crime neighborhoods. For many of these older adults, SEP is a lifeline to the world—it not only provides free escorts, but also offers bilingual interpreters, crime prevention education, home security surveys, and group recreational activities. SEP publishes a newsletter for seniors and recently started Crime Prevention Councils to give seniors a forum to air their concerns and lobby the city government for services.

![Crime Rates Among Older Americans](image)

To further its mission of serving and empowering elder citizens, the Family and Community Crime Bureau of the Middlesex County (Cambridge, Massachusetts) District Attorney’s Office has organized a community education Road Show with a cast consisting of a police officer, a protective services worker, a banker, and a representative from the District Attorney or Victim Services office. The Road Show travels to elder housing projects, senior citizen centers, and any other place where seniors congregate. The show covers crime awareness and prevention, reporting elder abuse, services available to elders and caregivers, financial exploitation by family members and other frauds, the operations of the prosecutor’s office, and services for victims. The Middlesex County DA has published a crime prevention handbook for senior citizens (funded by a local bank and promoted by the media) and a formal Action Plan for Crimes Against the Elderly.
Elder Abuse: A Growing Problem—No Clearcut Answers

Defining the Issue

Elder abuse can take many forms. It can be name-calling, threats, overmedication, physical beatings, withholding of food, financial exploitation, denial of basic hygiene needs.

Elder abuse is difficult to document, due in part to differing definitions of abuse, neglect, and elderly and victims fear of retaliation. It’s rarely reported to the police, but researchers generally agree with the U.S. House of Representatives Subcommittee on Aging that the abused elderly total over one million. A recent survey by the Police Executive Research Forum found that 82% of the responding police agencies did not know how many cases of elder abuse were handled by their departments.

Elder abuse is domestic violence. The abusers are generally spouses, adult children, or other close relatives.

Elder abuse is likely to increase as the population over 75 grows and families are faced with caring for frail elderly members.

Prevention Options

- Raise public awareness:
  - Educate older Americans about measures they can take to reduce their risk of abuse, from developing a buddy system with a friend outside the home to making arrangements (legal, financial, and medical) for future disability;
  - Publicize support services for caregivers, like day care and homemaker services;
  - Caution older people about checking references of caretakers and other ways to avoid financial exploitation;
  - Educate adults about feelings that commonly surface when they must cope with the physical or mental decline of a loved one. A sense of increased vulnerability, anger, grief, resentment, helplessness, and guilt are all common emotional reactions;
  - Educate all ages about what constitutes abuse, reporting laws, and phone numbers to call.

- Train professionals and volunteers who work with the elderly to recognize signs of abuse and neglect and how to report suspected cases.

- Legislation and other legal/administrative remedies: Several states have enacted mandatory reporting laws for elder abuse, similar to laws governing the reporting of child abuse. Other legislators have addressed the problem through statutes offering extra protections for vulnerable adults and defining elder abuse as a crime. A small proportion of law enforcement agencies have developed written policies concerning their response to elder abuse. Others have established special units that deal with crimes against the elderly, an action which presumably would nurture greater awareness of elder abuse.

“Working with Older Americans,” like all reports in NCPC’s Topics series, provides an overview of major programming issues and approaches, with an emphasis on increasing sensitivity to older Americans’ concerns and broadening the crime prevention framework to include activities that enhance the quality of life for both individuals and communities. This publication is not intended as an exhaustive discussion. It is designed instead to stimulate interest, offer program guidelines and examples, and identify resources.
Resources


Domestic Mistreatment of the Elderly—Towards Prevention. by Richard L. Douglass, prepared for AARP. A 39-page booklet that defines all forms of elder mistreatment, examines the prevalence of such abuse, and discusses current laws and policies and prevention strategies.


A Change for the Better: How to Make Communities More Responsive to Older Residents. AARP, 1989. This 49-page guide addresses how the community environment can be more supportive of older persons, housing issues, and bringing about community change. Includes bibliography.


American Association of Retired Persons (AARP) Criminal Justice Services, 1909 K Street, NW, Washington, DC 20049. A founding member of the Crime Prevention Coalition, AARP through its Criminal Justice Services division has been a leader in the field of crime prevention programming for older Americans since the early 1970s. It has vigorously and effectively promoted the use of older citizens as volunteers in crime prevention and other criminal justice programs and has produced a wide array of training materials, newsletters, and brochures used throughout the country.

Generations Together University of Pittsburgh, Center for Social and Urban Research, Suite 300, 121 University Place, Pittsburgh, PA 15260. 412/648-2209.


National Aging Resource Center on Elder Abuse College of Human Resources, University of Delaware, Newark, DE. A consortium of The American Public Welfare Association, the national Association of State Units on Aging, and the University of Delaware. Publishes newsletters, NAACE Exchange, that is available at no charge to those active in the elder abuse area. Operates CANE, a computerized clearinghouse of elder abuse materials and resources.

Other:

AgeBase A National Clearinghouse of Service Programs for the Elderly. This free, program-oriented database from the Brookdale Foundation contains records on hundreds of innovative programs and ideas for the elderly. For information, contact: Victor Boggs, The Brookdale Foundation, 126 E. 56th Street, 10th Floor, New York, NY 10022. 212/306-7355.

This publication was made possible through cooperative funding agreement No. 86-MU-CX-K002 from the Bureau of Justice Assistance, Office of Justice Programs, U.S. Department of Justice. The Assistant Attorney General, Office of Justice Programs, coordinates the activities of the following program offices and bureaus: the Bureau of Justice Assistance, Bureau of Justice Statistics, National Institute of Justice, Office of Juvenile Justice and Delinquency Prevention, and the Office for Victims of Crime.

The National Crime Prevention Council is a nonprofit, tax-exempt organization. Contributions are welcomed and are tax deductible. NCPC is located at 1700 K Street, NW, Washington, DC 20006, 202-466-6222.