

# Living Safely

with disabilities and special health needs

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## Avoiding Crime

Plan your trip by knowing the places you are going and how you plan to get there. It is helpful to tell someone you know where you are going.

When you go out into your community, it is important to be focused on where you are and where you are going. It is safest to remain in well-lit areas. Be aware of people and vehicles around you.

It is safe to talk to people who you know. You can make eye contact and talk to people who work in stores if you feel comfortable. If you feel uncomfortable or have a question, ask a police officer, security guard, or a store manager.

Avoid bringing extra money or other valuables you don't need while you are out.

If you are carrying a wallet, it is helpful to put the wallet in the front pocket of your pants.

If your pants don't have pockets, you can wear a bag around your waist. This is called a fanny pack. Be sure to fasten the strap in the front of your body. You can also wear a backpack.

If you carry a purse or pocketbook, keep it closed while you are walking or rolling around the area.

If someone bothers you when out, avoid getting into an argument, especially with a stranger. If you feel scared or in danger and cannot find someone around, you can scream loudly, "I need help. Please find someone to help me."

Sometimes, people will sell things on a sidewalk or street. They might offer you to buy things like candy, transportation tickets, or jewelry cheaper than it costs from a store or from a bus or train station. They may also blame you for something you did not do. Avoid these types of vendors to prevent scams.

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We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities. Portions of this resource have been adapted from The Arc ([www.thearc.org](http://www.thearc.org)).

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