



ECPA/BPC 2010

Please answer the following questions in English.

1. Is this your country's ECPA entry or is it an additional project? (Only one ECPA entry per country plus up to two other projects.)

National project - Poland

2. What is the title of the project?

„Safe senior”, thematic chapter: „Safe senior in a safe home”.

3. Please give a short general description of the project.

1) Project range

“Safe senior” and its main thematic chapter “Safe senior in a safe home” is realized and continued since 3rd quarter of the year 2009, initially in Szczecin, in turn in the whole West-Pomeranian voivodeship.

2) Problem description

More and more often we meet with the crimes in which the aged people are the sufferers.

In the time period 1.01.2009 – 31.07.2009 a number of 1694 frauds has been reported in the West-Pomeranian voivodeship, in which 62 persons was aged over 65.

One of the most severe fraud against the aged people is the so-called “grandson fraud”. Despite of the national decreasing tendency, in the first half of 2009 in the West-Pomeranian voivodeship 17 “grandson frauds” has been reported and 24 in the same period of 2010. According to the Police statistics, only in Szczecin city over 200 cases of committing and attempting of “grandson fraud” have been reported.

The seniors' helplessness and loneliness sometimes cause them an easy target of the criminal groups. The perpetrators don't care about the victims social status and use their gullibility, kindness or helpfulness. Usually, the money

wheeled from the aged people are their means designed for day-to-day needs, including necessary medicines.

Fraudsters enter the flats using various pretexts: sale, as a public officials: national insurance office, social or tax workers, emergency service, gas-works, power service or other institutions. Crimes are committed by young people who acquaint the family situation of the victim.

In case of so-called “grandson fraud” perpetrators usually call the home number of the victim introducing themselves as to be a grandson, granddaughter, nephew or niece (the voice on the phone is deformed so the aged people usually think that they are really their relatives). They explain to “grandmother” or “grandfather” that e.g.: they are in a mall and there is a unique occasion to buy something for very good price or that they are in a really bad life situation, e.g. car accident. In connection with that they ask for a loan. Fraudsters claim that they are not able to come themselves and will send a very good colleague to take the money. After a some time the “grandson’s” acquaintance arrive to the victim’s place.

The “grandson fraud”, sale of bedclothes in the behalf of local parish or found rising in aid of it, these are only a few examples that were and are on the territory of Poland as well as in our voivodeship. More and more often the aged, living alone people who need a help themselves became a victims.

The feeling of safety in times, when family relations became weaker, possesses a very strong need of the aged, lone people. It is often, that the relatives don’t have enough time to visit or take care about the senior.

The problem of threats faced by the aged people has been dealt comprehensive in this project as to teach the potential victims, seniors, the appropriate safety principles as to not to give a satisfaction to the fraudster – thief.

The guidelines of actions directed towards the aged people in various aspects of their life have been worked out by the Voivodship Police Headquarters (VPH) in Szczecin.

3) The target group of the undertaking:

- aged people (seniors) of West-Pomeranian voivodeship,
- the associations of am people,

In the frames of the project, its workshops, lectures, a 1300 people took a part. In 2010 a number of 1000 persons is planned to take a part in project's continuation.



4) Legal frames of the project

“Safe senior in a safe home” project writes itself perfectly in the assumptions of the National Programme of Crime and Antisocial Behaviors Limitation titled “Together – Safer”, which were accepted by the Cabinet in 2006 and is compatible with governments’ “State Development Strategy 2007 – 2015”.

4. Please describe the objective(s) of the project.

The main assumption of the “Safe Senior” project is the limitation of the victimization behaviors and preventing the crimes with an aged people as a victim by:

- 1) seniors’ awareness increasing on their influence on self safety as an outcome of proper behavior in a danger situation,
- 2) increasing of the senior-victim crime reporting by encouraging them to inform the Police about the crime situations in which they are or could become a victim – make them realize that there is no shame in that,
- 3) Safety feeling improvement among the aged people in West-Pomeranian voivodeship,
- 4) to familiarize with an effective ways of negative phenomenon prevention: frauds, thefts, safety at home (e.g. home violence, electric shock, gas leaking)
- 5) activation of the aged people to the actions of effective neighbor help among the occupants of the tenement house, apartment house, street, housing estate.
- 6) to familiarize the meetings participants with details of the public representatives work as well as of the workers of power company, gas-works, post office: the official worker ID, clothes, and with the dangers connected to: non switching off of an iron, inappropriate using of a gas heating, electric shock etc.
- 7) carrying out the polls among the trainings’ participants for the purpose of the aged people safety assessment, their needs as well as the project realization effects.

5. How was the project implemented?

In the 3rd quarter of 2009 the Prevention Department of the VPH in Szczecin established the cooperation with the Third Age University Association in Szczecin and outlined the assumptions of the “Safe Senior” project. In the frame of this cooperation the lecture hall has been given for the purpose of the project.

In October 2009 police officers gave lectures for almost 600 students of the University. 100 of them declared to take a part in preventive workshops.

In such aroused interest the schedule of a 64 meetings has been worked out (with the University) which took place in every Monday. In the same time the Police actions have been strongly publicized in the local media, which were as well invited to the workshops.

Project implementation and its continuation can be divided into four stages:

STAGE I “Informational – educational campaign on seniors’ safety”

- carrying out the meetings and workshops for aged people,
- inviting of local media for workshops,
- distribution of information materials for seniors on secure their house, flat against burglary,
- organizing the press conference with the participation of all local media and project co-partners, as well as staging the purse snatching from the hand of the aged person, with the participation of journalist.
- carrying out the information campaign in media on safety of aged people
Information have been given in local a nationwide media e.g. TELEEXPRESS, TVP1.

STAGE II “Actions towards increasing of knowledge on safety and motivation to report a crime to the Police”

At the beginning the assumptions of the project, schedule, list of speakers and project’s motto *“It is never too late to learn something new”* have been presented. Next:

- seniors have been acknowledged with the safety principles especially at home,

- the project's participants have been informed about the home violent help points,
- cooperation has been established with the power provider ENEA Ltd., Szczecin Gas-Works, Polish Post Office, Church and the Environment Protection Bank.
- integrated educational – informative system has been created in the West-Pomeranian voivodeship combined of specialists: police officers for criminal prevention, home violence, as well as the police psychologist and the specialists of Third Age University, power provider ENEA Inc., Szczecin Gas-Works, Polish Post Office, Church and the Environment Protection Bank.
- partial evaluation of the project has been carried out, i.e. polls in need of project's realization and the diagnosis of the problems faced by the project's participants (including assessment of the phenomenon range in their place of living)

Thematic scope of meetings

Protection of flat against burglary

- protection systems (types of doors, locks, alarms, etc.)
- information on householders' day schedule (how often do they go out to plot, visit the family)
- importance of the flat location (ground floor, first floor, quarter, village, city, etc.)
- is the householder lone,
- locking the in-door every time,
- to negate the stereotype that the burglars "works" at night only,
- mark/label on valuable things, making a list of its serial numbers or characteristics.

The ways of rob the aged people:

- glass of water, chimney sweep, grandson, canvasser, under the pretext of social interview, polls (letting in the stranger into home!)
- entering the flat to make some unpaid commercial service, etc.

Seniors' workshops
on robbing the aged
people



The economic aspect of safety:

- cash in bank instead of house,
- not telling to anybody about the date of pension receiving,
- reporting on stolen documents not only to the Police but as well to the bank,
- reporting on stolen or lost pay cards,
- PIN number (not written down – remembered)

Neighbors help – the best alarm,

- the flat under the supervision of family and neighbors,
- it is not good to be passive in a neighbors' society,
- in what situations one should stay wary,
- when to call the Police – how to report a crime properly,
- how to help to the others,

Violence against the aged people

- situations connected to the home violence,
- psychological aspects of violence,
- where to get help and how to manage the crisis situation,

Psychological aspects of safe behavior

- how to behave as to not to provoke the perpetrator,
- appropriate victim's behavior in the time of crime,
- probable perpetrator's behaviors, reactions,
- other circumstances.

Social pathologies

- alcoholism,
- drug addiction,

In the frames of the seniors' workshops the participants were given the preventive leaflets on: "How to use a gas safely" and "How to secure the flat, house, against the burglary."

STAGE III "Sum up actions"

- 1) Working out the project's evaluation based on polls,
- 2) Giving to workshops' participants the personal pocket alarms which facilitate the perpetrator's scare away.



The personal pocket alarm which facilitates (by its sound) scaring away the perpetrator of burglary or purse snatch.

- 3) social and media reception of the project: articles, TV programme, individual and collective thanks of the project's participants.



Conference for seniors and media during which the personal alarms were given to the workshops' participants as well as the staging the purse snatching has been presented.

STAGE IV: Seniors' activation actions.

The high project's assessment given by the seniors, statistics data of national police database, gave the motivation for further actions.

The project "Active and safe the autumn of life" has been worked out by the Police and the Third Age University in Szczecin. The initiative has been financial supported by the local authorities and started in September this year as a new version of the so far project.

Seniors activity and safety is still the priority. The undertaking includes photo, artistic and theatric workshops for aims of which the short staging of home safety has been prepared.

The meetings with seniors will take place in a seven cities: Szczecin, Rewal, Pyrzyce, Goleniów, Police, Stargard Szczeciński, Świnoujście. The Third Age University students will prepare their own staging, exhibitions or presentation on safety. Every participant will be given a personal alarm.

Simultaneously with seniors' activation the agreement between Police and Polish Post Office has been made based on which the postmen's training begun in

October 2010 focused on warning against the “grandson”, “gypsy” or “policeman”-type frauds. The actions are directed toward the aged people who are lone, handicapped, rarely come outside or are unaware of the dangers that can be faced after the door’s opening.

6. Were partners involved in planning and/or development and/or implementation of the project? If so, who were they, and what were their roles?

One of the project’s assumptions was to invite to its realization the institutions which in their main duties are focused on: working on citizens’ safety, social and financial care, as well as the organisations whose image is often misused for committing the crimes on aged people.

- 1) Voivodship Police Headquarters in Szczecin and its subordinate units at the territory of the West-Pomeranian voivodeship – projects’ originator, coordinator and the organization which delegates the police officers for giving the lectures and workshops for seniors.
- 2) Associations of the Third Age Universities - associates the seniors, give the lecture halls,
- 3) Polish Association of Pensioners and Invalids – associates the part of the recipients,
- 4) Jantar Club - associates the part of the recipients,
- 5) The Church – appeal of the Voivodship Police Chief in Szczecin on threats has been read during the masses as well the short talk has been carried out by the police officers,
- 6) social care home - part of the recipients,
- 7) power provider ENEA Inc. – project’s co-partner that e.g. delegates the workshops’ lecturers
- 8) Szczecin Gas-Works – project’s co-partner that e.g. delegates the workshops’ lecturers
- 9) Polish Post Office – project’s co-partner that e.g. delegates the workshops’ lecturers
- 10) Environment Protection Bank – project’s co-partner that e.g. delegates the workshops’ lecturers; institution which funds the personal pocket alarm,

- 11) local media's representative (press, radio, TV) – educational-informative role.

7. How did you build in plans to measure the performance of the project? Has the project been evaluated? How, and by whom?

The project's effects assessment procedure has been worked out by its authors. Periodic project assessment has been carried out by qualitative and quantitative system.

The evaluation was base mainly on:

- polls outcome,
- number of the meetings participants and the extent of aged people's interest aroused on safety,
- Police statistics: number of crimes reported by article 281 par. 1 Polish penal code (fraud) by the people over 65 and comparison with these reported by people under this age – in the same time period.
- participants opinions expressed and written thanks,
- receiving, in frame of the contest, the founds for the realization of a new version of the project titled: "Active and safe the autumn of life",
- number of the project's co-partners,
- the "Safe Senior" project has been highly commended by the National Police Headquarters as an example of the preventive action.

As to asses whether the Information given by lecturers are properly learned, and the undertaking is needed and accurate the participants have been given an anonymous evaluation polls.

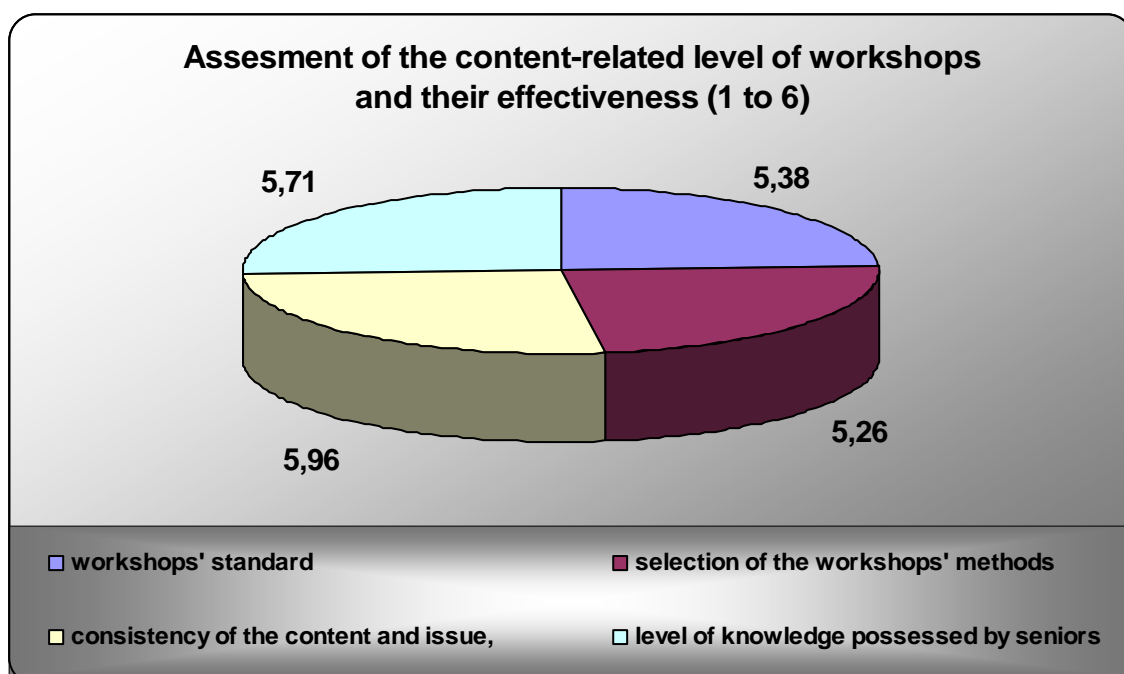


The research tool i.e. the poll, consisted of 8 questions (grade from 1 to 6) including one open/descriptive question.

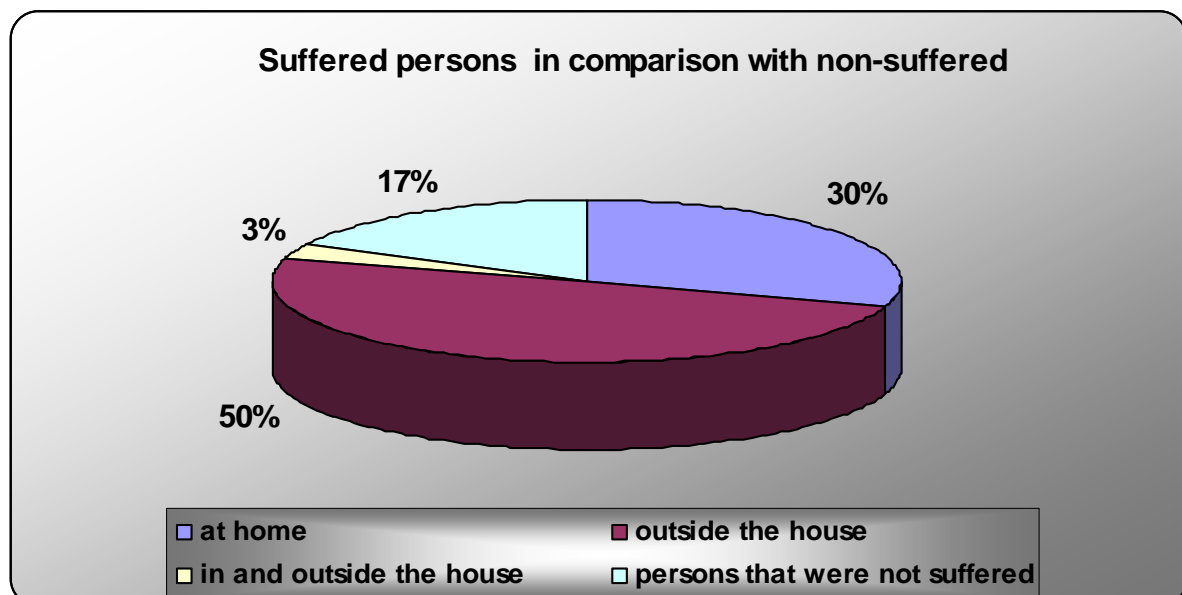
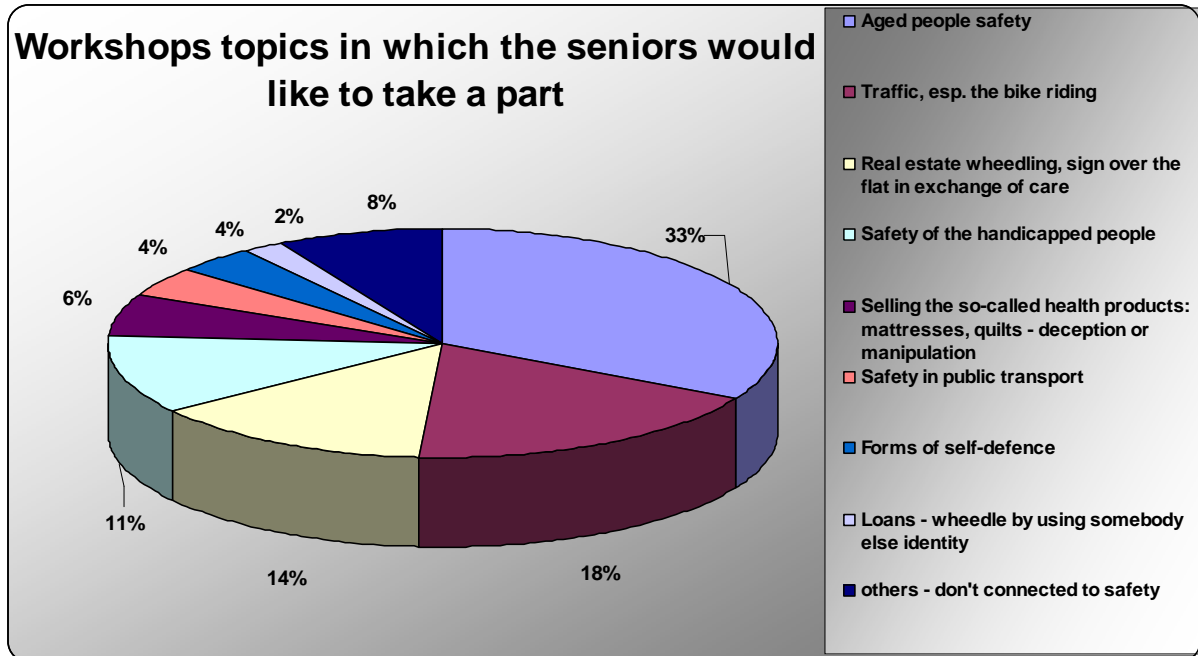
The questions concerned: assessment of the level of workshops that were carried out by the invited guests, selection of learn methods, were the presented content consistent with the issue. Moreover, the influence of lectures and workshops on participants' knowledge rising has been examined as well. Additionally the poll concerned the continuation of the workshop subjects and issues preferred. Further questions concerned the issue of being the victim of offence or crime and were these were usually committed (at home or out). The last poll's questions concerned the reaction of the victim i.e. was it reported to the justice.

In the frame of the research 63 people filled out the poll properly, in which: 2 male, 61 female. 52 people are pensioners, 27 are disability pensioners. The age of the researched persons is between 55 – 82. The minority – 31 people – are lonely. A few of people live in a detached house – i.e. 15.

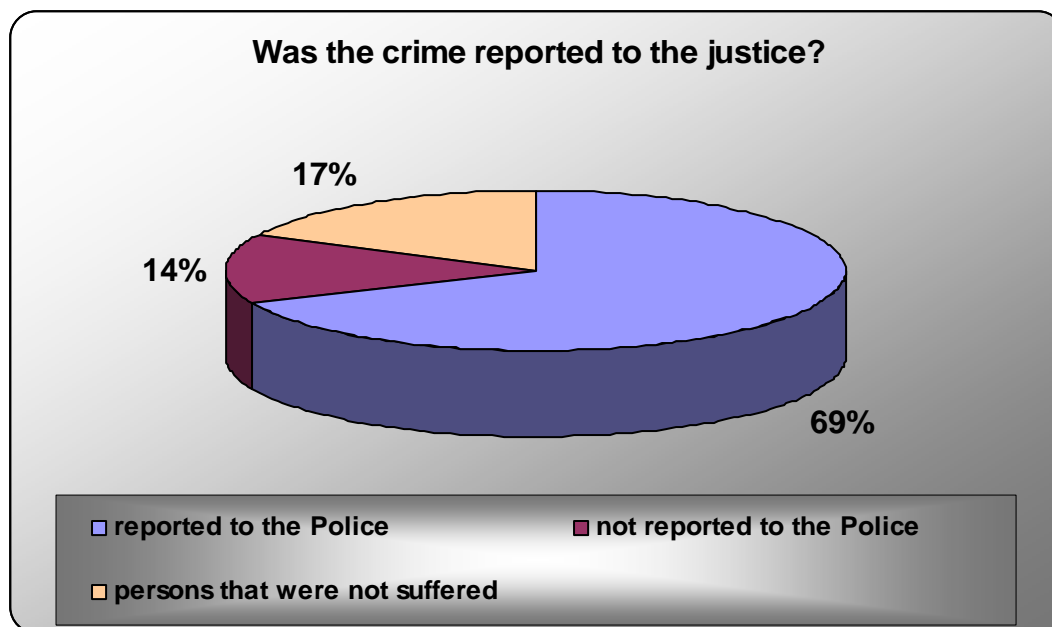
8. What were the results? How far were the objectives of the project achieved?



Content-related level of workshops, methods of work in the classroom, the knowledge gained by seniors and presented content – all together have been evaluated by the audience at a very high level. Tutors received a note: 5,57 at 6.



The question "Have You ever been a victim of a crime?" received a positive answers in 53 cases at 63 overall among, which 31 people were injured outside the home, 19 in their own apartment and 2 people in both places.



Among 52 suffered persons: 43 (68,25%) reported this fact to law enforcement, while in general 9 responders (14,28%) has not contacted with the Police.

In summary it can be concluded that:

OBJECTIVE: To raise awareness of senior citizens and the knowledge of the risks has been achieved. The prove of it is an answer to the question "Is the meeting extended your theoretical knowledge?" - the purpose of raising public awareness, and thus knowledge about the risks has been achieved at the level of 5.71 points.

Another objective of the project "Improvement of reported incidents involving elderly people is also reflected in reality. According to data from the National Information System for Police in the province. West has increased the number of applications people over 65 years for fraud committed.

In the period from 1.01.2009 to 31.07.2009 was reported in the 1694 declaration of our province, including 62 who were 65 years of age. In the same period in 2010 - recorded 1033 events, including 92 people injured at the age of 65.

Therefore, it can be concluded that older people are no longer ashamed of being a victim of fraud, and began to report threatening situations their lives and property. For comparison, decreases the number of reported fraud by citizens under 65 years of age. This age group less likely informs the police about being the victim of such an event.

All seniors (tj.100%) - participants of the meeting declared their willingness to again participate in similar activities-related to security and their own immediate environment.

9. Are there reports or documents available on the project? In print or on the Web? Please, give references to the most relevant ones.

- 1) Assumptions of general provincial preventive project "Safe Senior" - the guiding theme of "Safe senior in a safe house,"
- 2) multimedia presentations,
- 3) brochures on housing security against burglary,
- 4) list of the persons who declared to take part in the workshops,
- 5) the attendance list of participants on lectures,
- 6) evaluation questionnaire sheet,
- 7) a summary of the evaluation carried out,
- 8) Acknowledgements,
- 9) photographic documentation,
- 10) TV shows (archive of TVP Szczecin, "Kronika - Picture of the Day", TVP1-Teleexpres), journal articles (Gazeta Wyborcza, My city MM Kurier Szczecinski) web articles:

- http://www.profilaktyka.info.pl/index.php?option=com_content&task=view&id=391&Itemid=147 (Szczecin),
- http://www.profilaktyka.info.pl/index.php?option=com_content&task=view&id=796&Itemid=147 (Wałcz),
- <http://www.szczecin.kwp.gov.pl/jednostki/4828-bezpieczestwo-seniorow> (Gryfice)
- <http://www.zycie.senior.pl/147,0,Osobiste-alarmy-dla-seniorow,8504.html> (personal alarms giving),
- <http://www.przetargi.szczecin.kwp.gov.pl/component/content/article/38-profilaktyka/3829-osobiste-alarmy-dla-seniorow> (personal alarms giving),
- <http://www.naszgoleniow.info/bezpieczny-senior/> (Goleniów).
- http://gazeta.policja.pl/portal/997/986/57900/Zasada_ograniczonego_zaufaniaNr_66_092010.html (Police news paper - nationwide)

10. Please, write a *one page* description of the project:

Sense of own security at home, work or on the street is very important not only for the young and active population, but above all for the lonely people, mature age and not fully able-bodied. Nowadays, despite the high penalties, the offender would not give up getting to the apartment, which not infrequently becomes is the centre of attention. As The West Pomeranian Police Department we decided to treat the problem comprehensively and read in the program with the issues of security, both internal and external, and learn how to cope in emergency situations.

Project "Safe Senior" and thereby its main theme "Safe senior in a safe house" was implemented in the third quarter of 2009. Initially, participants in the meetings with officers were pensioners of Polish Association of Pensioners and the Disabled, as well as supporters of the club Jantar. Subsequently The policeman of The Department of Prevention in Szczecin has established cooperation with key partner The Association of Third Age University in Szczecin and other institutions supporting the project. Once a week, police in cooperation with representatives of the invited institutions, conducted a meeting with senior citizens in carrying out thematic issues related to the hazards of life and health in the immediate vicinity. The meetings were

both of a lecture as well as workshops in the subgroups. The participants had not only an excellent opportunity to learn the rules of safety, but also tell about their experiences and experiences related to the threats. Interactive workshops mobilized a group to think and solve exercises. The meetings were conducted by experts of the problem / topic: psychologists, police officers, bankers, postal workers, etc. During a press conference, one of the elements of the program was to award the participants of the project by pocket-sized personal alarm, which discourage potential attackers by a sound alarm. Another surprise was a scene in which an old lady was robbed by stealing a bag. The spots of the demonstration was emitted on air in the show broadcast of Polish Television Szczecin and nationwide program TELEEXPRES. The whole idea met with a good feedback of journalists who decided to take part in the show. This day in media belonged to the "Safe Seniors".

Project objectives have been achieved. This is evidenced by a survey showing that by taking part in the project participants improved their theoretical knowledge of the risks - at 5,71 points, and all of its recipients (100%) - declared their willingness to participate in similar activities in the future.

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