

City of Colonial Heights
Senior Citizens
Crime Prevention University

Overview

The ***Senior Citizens Crime Prevention University*** is a partnership between the Colonial Heights Police Department, Colonial Heights Sheriff's Office, Office of the Attorney General, and Colonial Heights TRIAD. Primary funding for the program is provided by a TRIAD grant from the Virginia Office of the Attorney General.

The ***Senior Citizens Crime Prevention University*** was established with the mission of better educating and preparing the city's senior population in matters relating to crime prevention and safety.

Session 1

The first session will open with a welcome from the program sponsors. During the welcome, students will be introduced to key law enforcement personnel in the city. Students will be provided with an overview of the program, preparing them for future training sessions.

During the first session, students will be presented with an overview of the services provided by the City of Colonial Heights. City departments and their roles will be discussed. Included in the overview of city departments will be an overview of the Colonial Heights City Council and its responsibilities to the community.

Upon completion of the first session, students will have a better understanding of the role of local government and will be better prepared to determine the best source of assistance when needed.

Session 2

This session will focus on the role of law enforcement in Colonial Heights. The unique and shared roles of the Police Department and Sheriff's Office will be discussed. The Police Department and Sheriff's Office will provide an overview of their roles and services.

The Police Department will provide an overview of its history, structure, and services. The department's philosophy of Community Policing and how it relates to the establishment of the ***Senior Citizens Crime Prevention University*** will be discussed.

Upon completion of this session, students will have a better understanding of the role of the Sheriff's Office and will begin to develop an understanding of the role and services of the Police Department.

Session 3

This session will continue an overview of the Police Department. Department community programs will be detailed. During this session, students will be provided demonstrations and interactive sessions with members of the Colonial Heights Police Department.

Students will receive an overview of the Emergency Communications Department. During the presentation, students will be provided with a tour of the communications center, and have an opportunity to interact with communications personnel.

Upon completion of this training session, students will have an understanding of the Police Department's role and community programs. Students will be able to recognize programs and services that will better serve and empower them as residents of the City of Colonial Heights. In addition, students will have a better understanding of the role of the Emergency Communications Department and its public services.

Session 4

This session will focus on the Courts and legal matters of interest to the senior community. During the session, presentations will be made by the Commonwealth's Attorney, Victim Witness Coordinator, and Circuit Court Clerk's Office providing an overview of their roles and services. Discussions will be presented on topics such as preparing for jury duty, becoming a witness, and how to file certain legal documents.

A member of the Colonial Heights Bar Association will present an overview of the organization and will provide information on legal topics such as estate planning, wills and trusts, and establishing a power of attorney.

Upon completion of this session, students will have an understanding of the roles and services of court related services in Colonial Heights. Additionally, students will be better prepared to protect themselves through an understanding of estate planning, wills and trusts, and establishing a power of attorney.

Session 5

Session 5 will focus upon the ever popular discussions of identity theft and protecting finances. The Office of the Attorney General of Virginia will be the primary presenter. Included in the OAG presentation will be discussions of latest trends in identity theft, protecting against financial predators, and an overview of the Identity Theft Resource Center. During the session, students will be provided with an overview of credit reports and how to decipher their contents. As an option during this session, students will be registered in the federal “Do not call list”.

Upon completion of this session, students will have a better understanding of identity theft trends, and methods to avoid becoming a victim. Additionally, students will be provided with resources to better protect their identities.

Session 6

Session 6 marks the mid point of the *Senior Citizens Crime Prevention University*. During this session, Colonial Heights Fire and EMS will provide an overview of the department and services available to the community. The FARE Care program will be discussed.

The Deputy Fire Marshal will provide a presentation focusing on fire and arson prevention. During this presentation, students will learn tips that will make their homes and property safer.

Upon completion of this session, students will have an understanding of the role and services of the Colonial Heights Fire and EMS Department. Students will be familiar with the FARE Care Program and will be able to make future decisions to participate or not in the program. Students will be able to better protect their homes and property from fire and arson.

Session 7

During this session, students will be introduced to **Crime Prevention Through Environmental Design**. CPTED principles will be discussed and students will learn how to apply them to their property and homes. During this session, students will participate in a hands-on practical exercise applying CPTED.

Students will be presented with an overview of current residential alarm technology, city alarm permit requirements, and residential locking systems.

Upon completion of this session, students will be able to apply CPTED principles to their own property and homes. Students will become aware of CPTED practitioners within the city to whom they may turn for further assistance and consultation. Additionally, students will have an understanding of available residential alarm and lock systems in order to make a better informed decision when considering security changes at their residence.

Session 8

This session focuses on neighborhood issues. The Police Department will provide information regarding Neighborhood Watch, National Night Out, and Traffic Calming programs within the city. This session will discuss programs that empower the community to get involved in matters directly affecting their neighborhoods. During this session, students will receive demonstrations on traffic calming and enforcement equipment such as RADAR and LIDAR.

Upon completion of this session, students will have an understanding of neighborhood programs and will know how to begin a program in their neighborhoods. Students will also have knowledge of volunteer opportunities within the Police Department.

Session 9

This session will provide students with the knowledge necessary to become safer in a driving environment. Students will receive crime prevention tips relating to driving. Students will be presented with defensive driving information geared towards the senior driver. Additionally, students will learn about vehicle maintenance and safety checks designed to make travel safer.

Upon completion of this session, students will gain an understanding of common crimes affecting drivers. Students will also be able to utilize defensive driving techniques geared towards the senior driver. The students will be able to perform a safety check of their vehicles and be aware of maintenance issues that affect safe operation of a motor vehicle.

Session 10

This session will explore mental health issues and related services available to seniors in Colonial Heights. Dementia and Alzheimer's will be discussed with emphasis on potential victimization of those suffering from these diseases.

Persons of any age can become a victim of domestic violence. Domestic violence laws and services will be discussed. A discussion of Elder Abuse will be presented. Students will receive information and resources to identify and report domestic and elder abuse.

No matter where we live, convicted Sex Offenders live and work among us. This session will look at what defines a sex offender and what reporting requirements must be met. Resources to identify convicted sex offenders in the community will be provided.

Upon completion of this session, students will be able to recognize some common signs of dementia and Alzheimer's disease. Students will be able to identify resources for assistance when living with dementia and Alzheimer's disease. Students will be able to identify common signs of domestic violence and elder abuse, and will be aware of related laws and resources for victims. After this session, students will be able to identify what defines a convicted sex offender and what registration requirements must be met by convicted offenders. Additionally, students will be able to identify resources to determine which convicted sex offenders are living and working in their community.

Session 11

This session will look at service organizations that will benefit the senior student. The AARP and Better Business Bureau will provide an overview of their senior and consumer services, especially services geared towards crime prevention. The Chesterfield County/Colonial Heights Crime Solvers will discuss their program and opportunities for community involvement as a Crime Solvers volunteer.

Planning now for the future is imperative, especially for seniors. Alternative Safe Living will be explored. Senior communities and assisted living will be discussed.

Upon completion of this session, students will be able to identify resources available through the AARP and Better Business Bureau. Students will be aware of volunteer opportunities through Crime Solvers. Additionally, students will be aware of types of Safe Living Alternatives for seniors.

Session 12

The unknown is not always something that cannot be planned for. In this session, emergency management will be discussed. Students will explore weather emergencies and the city's response to these events. The city's early warning systems, as well as the use of weather radios will be discussed. Sheltering of city residents and the sheltering of pets will be discussed.

At home, church, or a public place, emergencies occur. This session will provide students with an overview of Basic First Aid. Students will learn how to handle minor injuries and medical emergencies and will be able to identify life threatening emergencies. This session will provide students with hands-on training.

Upon completion of this session, students will be able to identify common types of weather emergencies. Students will be able to define a weather watch and a weather warning. Students will be able to identify common shelter locations within the City of Colonial Heights and will be aware of the pet sheltering process.

Students will be able to identify actions to be taken in the event of a minor injury or medical emergency. Additionally, students will be able to identify a life-threatening emergency and know what action to take to provide or obtain assistance for the victim.

Session 12 is the final mandatory training session of the *Senior Citizens Crime Prevention University*.

Session 13

This is an optional session; however, all students of the *Senior Citizens Crime Prevention University* are encouraged to participate.

During this session, students will receive Cardio-Pulmonary Resuscitation [C.P.R.] training. This life saving training will be provided to all students of the *Senior Citizens Crime Prevention University* and interested seniors of age 55 or older, space allowing.