



For Immediate Release

Sent from the Town of Olds on behalf of the RCMP

Olds RCMP reminds seniors to stay safe online during Senior's Week

June 4, 2025 Olds, AB - In recognition of Seniors Week, the Olds RCMP is encouraging older adults, and those who care for them, to take time to learn about how to stay safe online and avoid becoming victims of fraud.

With more and more seniors using the internet for day-to-day living, including online shopping, banking, social media, and even dating, it's more important than ever to understand the risks and take steps to protect yourself. Fraudsters often target seniors by exploiting their trust, unfamiliarity with technology, or desire for companionship, but with a few simple precautions, many scams can be avoided.

To help protect yourself, or a senior you care about, the Olds RCMP offers the following fraud prevention tips:

- Create passwords with at least eight characters, including uppercase and lowercase letters, numbers, and symbols. Never reuse passwords across different accounts.
- Keep your computer, smartphone, and tablet secure with updated antivirus software and automatic system updates.
- Don't be afraid to say no. If someone pressures you to send money or provide personal information right away, end the conversation. You're not being rude — you're being safe.
- High-pressure sales tactics, requests for secrecy, urgent demands, or upfront fees are all signs of potential fraud.
- If you're unsure about a message, email, or phone call, talk to a family member or someone you trust. You can also visit the company's official website and call their verified contact number to confirm any claims.
- Be suspicious of calls or messages claiming you've won a prize, especially if you're asked to pay a fee to receive it.
- Legitimate businesses and government agencies will never ask for payment using gift cards. This is a common tactic used by scammers.

- Use a family safe word. If someone calls claiming to be a relative in distress, ask for the safe word. If they can't provide it, hang up immediately and call the person they claimed to be directly.
- Never give out personal information. This includes your SIN, banking details, or passwords — especially if you didn't initiate the contact.
- Be cautious with online relationships. Romance scams often target seniors looking for connection. Be skeptical of anyone who quickly professes love or asks for money.
- Report suspicious activity, even if you didn't lose money. Reporting scams helps protect others. Contact your local police or the Canadian Anti-Fraud Centre at **www.antifraudcentre-centreantifraude.ca**.

For more senior safety tips follow us on Facebook @RCMPinAlberta and on X @RCMPAlberta.

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Cpl. Leif Svendsen Olds RCMP

www.rcmp-grc.gc.ca/ab/



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