



SCAM PROTECTION

Senior Safety Security Checklist

Protect against the most common scams targeting older adults

Six steps to protect a parent or grandparent from today's most common scams — from phone fraud to phishing.

1 Enable call screening

Turn on 'Silence Unknown Callers' on iPhone (Settings → Phone) or Android (Phone app → Settings). Robocallers and scammers rely on cold calls — this removes most of them automatically.

2 Create a trusted contact list

Write down 3–5 people who can be called to verify anything suspicious. Rule: never send gift cards, wire money, or give account access without first calling someone on this list.

3 Enable MFA on email

Email is the recovery key for everything. Install Authy (free, authy.com) and enable two-factor on Gmail or Outlook. Use the app, not SMS.

4 Review bank statements monthly

Set a recurring monthly calendar reminder to scan statements for unfamiliar charges. Scammers often start small (\$9–\$19) to test before escalating.

5 Run a free data broker scan

Visit optery.com for a free scan to see what personal information is publicly listed about you. This is what scammers use to sound credible on the phone.

6 Set up passkeys where available

Google and Apple now support passkeys — a more secure alternative to passwords that can't be phished. Enable in Google Account settings or Apple ID settings.