

What Is TRIAD?

TRIAD is a partnership consisting of the local sheriff and police chief, seniors, and senior service providers in a community who agree to work together to reduce criminal victimization of the elderly. Important to a TRIAD is an advisory council of law enforcement leaders and older persons, which serves as a sounding board, information channel, and catalyst for focusing on reducing crimes against the elderly.

Stafford Non-Emergency
and Information: (540) 658-4450

Spotsylvania Non-Emergency
and Information: (540) 582-7115

Fredericksburg Non-Emergency
and Information: (540) 373-3122

Visit Us..

<http://spotsylvaniastaffordfredericksburgtriad.com/>

Facebook: Spotsylvania/Stafford/Fredericksburg TRIAD

The mission of TRIAD

shall be to strive to reduce the criminal victimization of our older or retired citizens, and to improve their quality of life. TRIAD will involve the communities by implementing solutions to the seniors' needs and concerns, and insuring the enhancement of law enforcement services to the elderly.

**A New Force in
Crime Prevention ...**

OPIOIDS AND SAFETY FOR THE AGING POPULATION

Spotsylvania Stafford Fredericksburg TRIAD

460 Lendall Lane Fredericksburg, VA 22405



Opioids are a class of drug that includes pain relievers available legally by prescription, such as oxycodone (OxyContin®), codeine, hydrocodone (Vicodin®), codeine, morphine. Other opioids include Fentanyl, a synthetic medication, and heroin, a street drug. When used correctly under a health care provider's direction, **prescription** pain medicines are helpful. However, misusing prescription opioids risks dependency and addiction.

Dependency: the state of relying on or needing something for aid.

Addiction: the state of being enslaved to a habit or practice, or to something that is psychologically or physically habit-forming, such as narcotics, to such an extent that its cessation causes trauma.

Consequences

Intentionally using medication without a prescription, using medication in a way other than prescribed, or recreationally experiencing the drug's effects constitutes **abuse**. Prescription drugs are the most commonly abused drugs.

In a Center for Diseases Control report, 60% of people who abuse prescriptions painkillers indicate that they obtained the prescription drugs from friends or relatives for free, often taking the drugs without permission. When prescription drugs are not properly disposed of, they become an easy target for criminal activity.



Protecting Your Medications

- 1) Take your medication as prescribed. Understand how your doctor wants you to take your medication. Do not take more or less medication than prescribed.
- 2) Don't share your medication. Prescription drugs should only be used under medical supervision.
- 3) Lock up your medicines. Store prescription drugs in a locked and secure location such as a lockbox or safe.
- 4) Take Inventory. Count your pills to ensure that none are missing. Not only are criminals interested in obtaining these drugs, even friends and family have been known to take a loved one's medication.

Protecting Your Home

Maintenance issues such as burned-out light bulbs, overgrown shrubbery, and broken locks are a beacon to criminals, who typically case their targeted neighborhood before committing a robbery in order to identify the least secure property. Not only does a person want to be safe in his/her home, but they don't want their medications stolen either.

- 1) Replace light bulbs that are out.
- 2) Trim any overgrown shrubbery.
- 3) Make sure your locks work.



What should I do with old medications?

There are several safe ways to dispose of unused medications. Please do not flush your medication down the drain or toilet, as water treatment plants are not equipped to remove the drugs, and ultimately the drugs end up in our environment. If you have unused, expired or unwanted medications and need a way to safely dispose of them:

- Locally, prescription drugs can be dropped at the Sheriff's Office in designated containers. Twice a year, drugs can be turned in at several advertised locations during the DEA's Drug Take Back Day (know locally as Operation Medicine Cabinet). See Triad's website for dates and location.
- You can obtain drug disposal bags from your local Health Department. When drugs are placed in the bag and water is added, the medications become inactive.