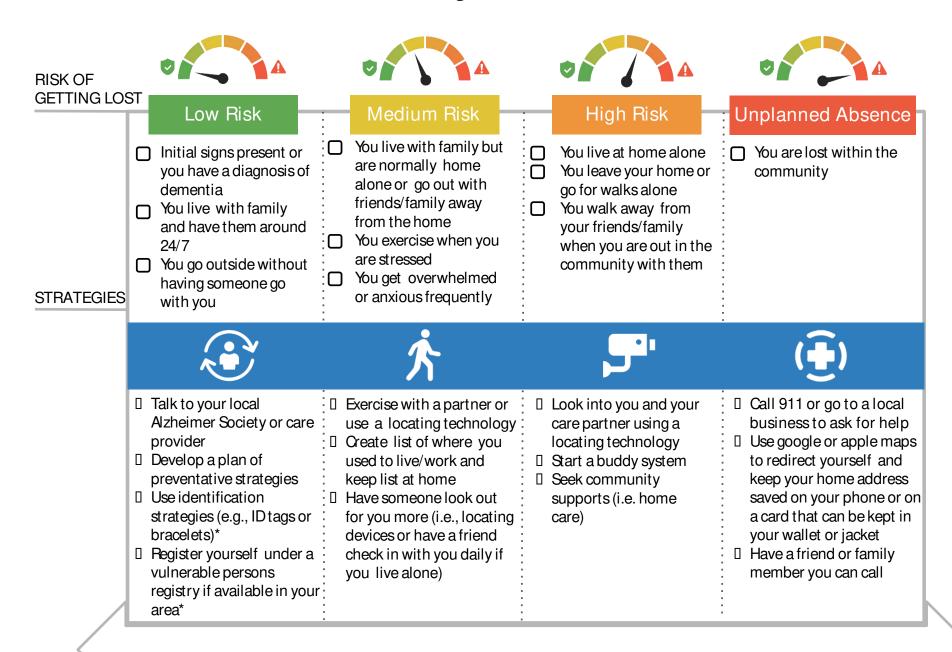
# **Canadian Guideline for Safe Wandering**

Person Living with Dementia Version



NOTE: Strategies with a star (\*) next to it could be applied to any risk level

### LIST OF AVAILABLE STRATEGIES

#### **Low Risk**

- Education and awareness
  - o Finding Your Way Program (<a href="http://findingyourwayontario.ca">http://findingyourwayontario.ca</a>)
  - o Alzheimer Society (<a href="http://alzheimer.ca/en/ab">http://alzheimer.ca/en/ab</a>)
- · Register yourself with the Vulnerable Person Registry (ask local police or Alzheimer Society to determine if your community has one in place) or with an identification program
  - o MedicAlert (<a href="https://www.medicalert.ca">https://www.medicalert.ca</a>)

#### **Medium Risk**

- Exercise with a partner or wear a locating device. These devices can be purchased (<a href="https://tech.findingyourwayontario.ca">https://tech.findingyourwayontario.ca</a>) or you can use the ones already on your phone (e.g. Find My Friend App or Google maps)
- · Create a list to keep with a close friend or your care partner of where you used to live and work so in the event you get lost this information can be used to help find you
- · Have someone keep tabs as to where you are (i.e., locating devices or a buddy system)

## **High Risk**

- Consider locating technologies:
  - o Commercial GPS (https://tech.findingyourwayontario.ca)
  - o GPS devices available on your phone (e.g. Find My Friend App or Google maps)
- · Seek community supports (i.e., home care, social workers, etc.)
- · Register yourself with the Vulnerable Person Registry (ask local police or Alzheimer Society to determine if your community has one in place) or with an identification program
  - o MedicAlert (<a href="https://www.medicalert.ca">https://www.medicalert.ca</a>)

### **Unplanned Absence**

- · Use google or apple maps on your phone to help you find your way back home and keep your home address saved on your phone or on a card that you can keep in your wallet or jacket
- · Have a friend or family member you can call in case you are lost
- · Go to a local business to ask for assistance
- · Identification strategies (i.e., wear an identification bracelet, or put your care partner's phone number in your jacket or wallet)