






# Canadian Guideline for Safe Wandering Person Living with Dementia Version

RISK OF GETTING LOST				
	Low Risk	Medium Risk	High Risk	Unplanned Absence
STRATEGIES	<input type="checkbox"/> Initial signs present or you have a diagnosis of dementia <input type="checkbox"/> You live with family and have them around 24/7 <input type="checkbox"/> You go outside without having someone go with you	<input type="checkbox"/> You live with family but are normally home alone or go out with friends/family away from the home <input type="checkbox"/> You exercise when you are stressed <input type="checkbox"/> You get overwhelmed or anxious frequently	<input type="checkbox"/> You live at home alone <input type="checkbox"/> You leave your home or go for walks alone <input type="checkbox"/> You walk away from your friends/family when you are out in the community with them	<input type="checkbox"/> You are lost within the community
				
	<input type="checkbox"/> Talk to your local Alzheimer Society or care provider <input type="checkbox"/> Develop a plan of preventative strategies <input type="checkbox"/> Use identification strategies (e.g., ID tags or bracelets)* <input type="checkbox"/> Register yourself under a vulnerable persons registry if available in your area*	<input type="checkbox"/> Exercise with a partner or use a locating technology <input type="checkbox"/> Create list of where you used to live/work and keep list at home <input type="checkbox"/> Have someone look out for you more (i.e., locating devices or have a friend check in with you daily if you live alone)	<input type="checkbox"/> Look into you and your care partner using a locating technology <input type="checkbox"/> Start a buddy system <input type="checkbox"/> Seek community supports (i.e. home care)	<input type="checkbox"/> Call 911 or go to a local business to ask for help <input type="checkbox"/> Use google or apple maps to redirect yourself and keep your home address saved on your phone or on a card that can be kept in your wallet or jacket <input type="checkbox"/> Have a friend or family member you can call

*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 (<http://findingyourwayontario.ca>)
  - o Alzheimer Society (<http://alzheimer.ca/en/ab>)
- 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 (<https://www.medicalert.ca>)

## Medium Risk

- Exercise with a partner or wear a locating device. These devices can be purchased (<https://tech.findingyourwayontario.ca>) 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 (<https://www.medicalert.ca>)

## 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)