

10 Ways to Prevent Elderly People from Wandering and Getting Lost



Print out this handy checklist to help be prepared and to prevent those with dementia wandering and getting lost.

- 1.** Secure the garden or outside space, as well as all other access points. Making the garden an interesting place to spend time (with flowers/bird feeders etc) will encourage them to stay in it
- 2.** Use signs and labels on doors to indicate where they are in the house to help with disorientation. Black writing on yellow is the easiest and clearest
- 3.** Ensure all useful contact numbers are stored on their mobile phone and suggest they turn on any GPS tracking features so that you can view their location - or look into getting a simple GPS tracker
- 4.** Encourage them to always carry ID and sew their name and phone number on a label into their favourite jacket or a bag they usually take with them
- 5.** Provide neighbours/local shopkeepers with your contact details and inform any carers about walking habits which could include favourite haunts, house they may have lived in etc.
- 6.** Consider a safe return programme such as Medic Alert, which will provide an identification bracelet. Calling the number provides the caller with medical information and next-of-kin details
- 7.** Consider placing coats and keys out of view to stop any impulsive walks. If possible try to set a daily routine for when they'll be walking with yourself or a carer
- 8.** Look into Assistive Technology, such as door alarms, pressure mats and GPS tracking devices. This technology can alert you as soon as they leave the house, helping you find them more quickly
- 9.** Encourage them to take up hobbies or other social activities to keep them busy and reduce the likelihood of them taking a walk. If they've recently moved into a new house - show them around the area to help them feel more settled
- 10.** If your parent is prone to getting agitated late afternoon/evening ('sundowning'), suggest going for walks before they do to help calm them

**Get more advice on caring for elderly relatives at
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