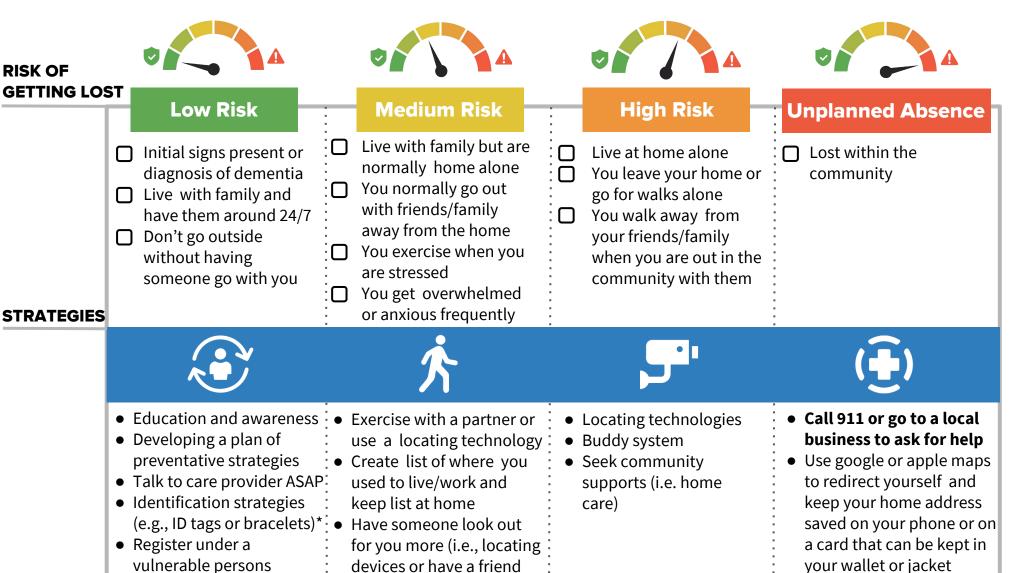
# PERSONS LIVING WITH DEMENTIA VERSION



Can transition to lesser or greater levels of risk at any moment

Need to apply education and proactive strategies as soon as possible so can still encourage **safe** wandering

Have a friend or family

member you can call

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

check in with you daily if

you live alone)

registry if available in your

area\*

### 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 (http://alzheimer.ca/en/on)
- · 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
   (<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 (<a href="https://tech.findingyourwayontario.ca">https://tech.findingyourwayontario.ca</a>)
  - 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)