

# Alzheimer Society

S A S K A T C H E W A N

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## **Multi-step Safety Plan - Checklist To Reduce Risk of Wandering**

### **For Caregivers**

The Alzheimer Society has a detailed guide to help caregivers understand the importance of preparing a multi-step safety plan to help the person with dementia live in the community safely. Multiple strategies are encouraged because no one strategy will meet every individual need.

Wandering refers to a variety of behaviours that are commonly associated with dementia. This behaviour is not dangerous unless the person living with dementia becomes disoriented or lost. Wandering may occur at any time of the day or night.

**This checklist summarizes key steps you can take to reduce the risk of wandering:**

- ❑ **Learn about dementia.** A thorough understanding of how dementia affects a person's abilities, behaviour and communication may help caregivers to anticipate and understand the individual's behaviour. Read our resources: [Progression of Alzheimer's disease](#), [Communication](#), [Conversations about dementia and responsive behaviours](#) or [Shifting focus: A guide for understanding dementia behaviour \(Full Version\)](#).
- ❑ **Learn about wandering.** Reduce the risk of wandering by helping the person with dementia stay busy and stimulated. The right balance of activity and rest may reduce wandering and promote better sleep. Read our resources [Multi-step safety plan to reduce risk of wandering: A guide for caregivers](#), [Meaningful Activity](#) and [Personal Care - When sleep becomes an issue: Tips and strategies](#).
- ❑ **Use multiple strategies** to help the person living with dementia from becoming lost in the community. Read [Multi-step safety plan to reduce risk of wandering: A guide for caregivers](#). Consider customized ID, an Identification Kit and a [locating device](#).
- ❑ **If you have questions, contact:**

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