

I have dementia



*For people with dementia,  
every step counts.*



**FINDING Your Way**<sup>®</sup>

## Staying active and staying safe with memory loss

Even though I have memory loss, that doesn't stop me from staying active and doing the things I enjoy. Of course, some days are better than others. Knowing how to keep myself safe is key.

The other day I was walking my dog and forgot how to get home. It happened without warning. It was pretty scary, especially because it had never happened to me before.

So now I plan ahead. It gives me peace of mind.

What happened to me may not happen to you, but it's always better to be safe than sorry.

Being prepared is the smart thing to do. Create a safety plan.

*Société Alzheimer Society*

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## Make a plan.

### It's the smart move.

- **Find a buddy** – someone to come along with you, or someone who knows to look for you if you're on your own and overdue.
- **Carry identification** – something that lets people know how they can help if you become lost – consider enrolling in MedicAlert® Safely Home®.
- **Leave your picture and a description of yourself with someone you trust** – something that can be passed onto searchers if you are not found by someone you know.
- **Consider carrying a device** that will help people locate you in an emergency.

**For local Alzheimer Society  
contact information,  
call 2-1-1**



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