

I support someone with dementia



*For people with dementia,  
every step counts.*



**FINDING Your Way**®

## **Keeping mom safe without taking away her freedom**



My mom has her good days and her bad days. To almost everyone, she looks normal, but she has trouble remembering things. Her doctor says it's dementia.

Staying active is important to her. Getting out of the house keeps her healthy. It's something I encourage.

That is why I was concerned to hear that 6 out of every 10 people with dementia lose their way and go missing. It wouldn't worry me so much if it weren't for the fact that half of those who go missing for 24 hours end up seriously injured or dead.

I want to keep my mom safe, but I don't want to take away her freedom.

Fortunately, I learned how to make a safety plan which allows her to stay active while giving me peace of mind.

*Société Alzheimer Society*

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## Wandering and getting lost. **Have a plan.**

**Keeping people with dementia safe doesn't mean keeping them from being active.**

- Have someone go with them on outings. If you're comfortable with them going out on their own, make sure someone knows where they're going and checks that they get back on time. Ask neighbours, friends, and family to help out.
- Know what steps you can take to reduce the risk of them going missing.
- Provide them with ID jewelry. Enroll them in MedicAlert® Safely Home®.
- Have a recent close-up photo and a description of them that you can give to police if a search needs to be started. Complete an identification kit. If you wait until they go missing to gather this information, it will delay search efforts and make things even more stressful for you.
- Consider having them wear an electronic device that will help searchers locate them in an emergency.
- If they do go missing, call 911 right away. Search is an emergency. Tell police that a person with dementia is missing.

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



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