

Wandering Safety Plan

Fill this in before it is needed and keep a copy by the door and one in your phone. Six in ten people living with dementia will wander at least once (Alzheimer's Association). The plan is what turns a frightening hour into a short one.

If they are missing: search the immediate area for no more than 15 minutes, then call 911 and report a missing person with dementia. Most people who wander are found within 1.5 miles of where they were last seen. Start with the places they used to go: a former home, workplace, church or a favorite walk.

ABOUT THEM

Full name and the name they answer to

Age, height, build, hair, eye color

Medical conditions and medications

What they usually wear, and glasses or hearing aids

Keep a recent photo on your phone and one printed. Update it after a haircut.

WHERE THEY MAY GO

Former home addresses

Former workplace, church, club

Usual walk or route, and the time of day they get restless

Neighbors and shops told, with phone numbers

WHO TO CALL

Local police non-emergency line

Doctor

Family member 1

Family member 2

MedicAlert and Alzheimer's Association Safe and Found: 800-432-5378

Alzheimer's Association 24/7 Helpline: 800-272-3900

IDENTIFICATION THEY CANNOT TAKE OFF

- ☐ ID bracelet or pendant worn, with name and your phone number
- ☐ Name and phone number labeled inside every coat, jacket and sweater
- ☐ Labels inside shoes and on the walking frame or cane
- ☐ Card in the wallet or handbag with your details
- ☐ Enrolled in a safe return program
- ☐ Neighbors and local police told that they may wander

NIA: if they might remove an ID bracelet, label their clothes with a name and phone number.

MAKING THE HOUSE SAFER

- ☐ Deadbolts placed high or low on exterior doors, out of the line of sight
- ☐ Door chime, alarm or smart doorbell on every exterior door
- ☐ Pressure mat at the bedside or in front of the door
- ☐ Coats, hats, keys, wallets and shoes kept out of sight
- ☐ STOP or DO NOT ENTER sign on doors they should not use
- ☐ Window limiters, and a fence with a locked gate if there is a yard
- ☐ Car keys removed if they no longer drive

A BRACELET COMES OFF. A LABEL IN THE COLLAR DOES NOT.

The Alzheimer's Association and NIA both advise identification the person cannot remove. **ContactMyParent labels iron onto the care tag or inside the collar** and carry a QR code. Whoever finds your parent, a neighbor, a shop worker, a bus driver, scans it with a phone camera, no app, and reaches you in seconds. The same profile can show their conditions and medications, and you can update it without replacing a label.

Not a replacement for engraved medical ID or a safe return program: emergency responders are trained to look for engraving. This is for the person who has a moment to check.

- Starter**
10 labels, \$14
- Family**
25 labels, \$24
- School Year**
50 labels, \$39
- contactmyparent.com**