



## Caregiver Tip Sheet: Getting Lost

Individuals with Alzheimer's or dementia may become disoriented and lose their way, even in familiar places. Whether wandering from home or getting turned around in public, they may struggle to recall their address or phone number, making it difficult to find their way back. Wandering can be distressing and pose serious safety risks, but proactive planning can help prevent dangerous situations.

### What Can You Do?

#### Be Prepared

- Use an **ID bracelet or trackable device**, such as Project Lifesaver or GPS trackers
- Label clothing with **contact information** in case of emergencies
- **Secure doors and exits**—avoid leaving individuals alone near unlocked doors
- **Communicate with neighbors** so they can notify you if they see your loved one outside alone
- Encourage **safe daily activities** like walking or dancing to reduce restlessness

#### Make Home A Safe Place

- **Install locks** on doors, gates, and windows—placing them high or low can prevent tampering
- Add **bells or alarms** to doors and windows to alert you when they are opened

#### Be Comforting

- Offer a **meal or activity** to redirect attention from wanting to leave
- Involve them in **simple tasks** like folding clothes or preparing a meal
- Create a **calming environment** with music or a familiar TV show

