

MY LOVED ONE'S WANDERING SAFETY PLAN

A simple caregiver tool to help you prepare, prevent & respond

Loved One's Name: _____

Preferred Name: _____

Date of Birth: _____

Home Address: _____

Recent Photo:

Add or attach a recent, clear photo here.

PEOPLE TO CONTACT

Primary Caregiver: _____

Phone: _____

Family/Friend: _____

Phone: _____

Neighbour/Support Person:

Phone: _____

PLACES THEY MAY TRY TO GO

Think about familiar places from their past or present.

Former Home: _____

Previous Workplace: _____

Family/Friend's Home: _____

Favourite Store, Park or Other Familiar Place:

WHAT I'VE NOTICED

When are they most likely to walk or look for an exit?

Morning / Afternoon / Evening / Night

Possible triggers I've noticed:

What might they be looking for or trying to do?

WHAT HELPS THEM FEEL CALM & SAFE

Favourite music: _____

Comforting person: _____

Favourite activity: _____

Familiar object or comfort item: _____

Words or phrases that reassure them:

Other things that help:

HOME & EMERGENCY SAFETY CHECKLIST

AROUND THE HOME

- ☐ Dooralarms or chimes are working
- ☐ Exterior doors have been reviewed for safety
- ☐ Night-lights are working
- ☐ Walkways are clear and well lit
- ☐ Keys are stored safely
- ☐ Coats, bags or other leaving cues are moved away from exits when needed
- ☐ A safe indoor or outdoor walking area is available
- ☐ Family, neighbours or trusted people know about the safety plan

BE PREPARED

- ☐ I have a recent, clear photo
 - ☐ Emergency contact information is current
 - ☐ Important identification information is easy to find
 - ☐ I know the familiar places they may try to visit
 - ☐ I have written down any walking patterns I've noticed
 - ☐ I know who I will contact if my loved one goes missing
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IF MY LOVED ONE GOES MISSING

Places I would check first:

1. _____
2. _____
3. _____

People I can call for help:

Important information I may need to provide:

What they are wearing, a recent photo, identifying information, medical information that may be important in an emergency, and places they may be likely to visit.

A GENTLE REMINDER

Walking itself is not necessarily a problem. Your loved one may be looking for something familiar, responding to a need, feeling restless or simply wanting to move.

The goal is not to stop all walking. It is to create opportunities to walk safely while being prepared if your loved one becomes lost.

Safety Note

Every person's needs and home environment are different. Door locks and other safety measures should not prevent safe emergency evacuation. Consider discussing individual safety concerns with your loved one's healthcare team or local dementia-support organization.

Caring Hands Kind Hearts

Practical support for dementia caregivers

