THE DUBIN CENTER
Where no one faces dementia alone.

WANDERING PREVENTION

Wandering can happen quickly and silently. Understanding risks and planning ahead can help keep everyone safer and reduce caregiver stress.

1 Early Warning Signs: Noticing these signs early allows you to act before a crisis occurs.

Wandering often begins with subtle changes, such as:

- Pacing, restlessness, or repetitive movements
- Trying to "go home" or searching for someone or something
- Increased confusion, especially in the late afternoon or evening
- Standing near doors or attempting to leave

Why does this happen?

- People may wander due to confusion, anxiety, boredom, pain, or a belief they need to go somewhere familiar (work, home, school).
- Wandering is not intentional; it's often driven by fear or unmet needs.

2 Take Practical Safety Steps & Plan Ahead: Combining daily safety measures with advance planning is essential.

- Install door alarms, motion sensors, or bell chimes
- Use locks placed out of direct sight (high or low on doors)
- Keep car keys secured
- Ensure the person wears identification or an ID bracelet (ShareWear)
- Use tracking tags or tiles in shoes, purses, wallets, or other items the person commonly carries.
- Keep a recent photo and physical description available
- Know common walking routes or favorite places
- Inform neighbors, building staff, or coworkers about wandering risk

sharewear
Discount Code: DUBIN15

3 Create structured, engaging routines.

Predictable routines, regular meals, rest, and meaningful activities can reduce restlessness. Safe opportunities for movement, like supervised walks, help meet the need to be active.

4 What to do if someone is missing: Acting quickly can significantly improve outcomes.

If someone goes missing:

- Search nearby areas immediately
- Call local emergency services right away!
- Share the person's photo, description, and last known location
- Notify neighbors, staff, or community members

Sharewear information is available at The Dubin Center. For more information, resources, or support- please call and schedule a consultation with a social worker.

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