

HELP AT HOME: WANDERING

Some individuals may be at risk for wandering. The following tips may help prevent this from occurring:

- Exit doors, including doors to the garage, can be camouflaged with curtains, wallpaper or pictures and should be kept locked.
- Install locks low on doors where they might not be noticed easily.
- Try a "Stop" sign on the door.
- Lock doors to steps, especially at night.
- Use child-proof covers on doorknobs or cover by taping a square of fabric over them.
- On interior doors, tape over the face of the lock so it will not catch to avoid the person locking themselves in a room.
- Use cues such as pictures to help the person find the toilet door, bedroom door etc.
- Ensure the individual has identification with them at all times.
- Register with the **Alzheimer Wandering Registry**. Contact the Alzheimer Society of Calgary for a registration form at (403) 290-0110.

Keeping busy is key to alleviating the need for wandering. Try and include the person in everyday tasks. Setting the table, sweeping the floor, tearing the lettuce etc. are all examples of activities that can still be done. Remember that it doesn't have to be done perfectly.

If you'd like to receive tips and suggestions like this by email each month, please contact info@alzheimercalgary.com and request your name be added to our monthly e-bulletin for families.

Read about the **Wandering Registry**.

