<table>
<thead>
<tr>
<th>RISK OF GETTING LOST</th>
<th>STRATEGIES</th>
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<tbody>
<tr>
<td>Low Risk</td>
<td></td>
<td>Medium Risk</td>
<td></td>
<td>High Risk</td>
<td></td>
<td>Unplanned Absence</td>
<td></td>
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<tr>
<td>Initial signs present or diagnosis of dementia</td>
<td>Education and awareness</td>
<td>Live with family but are normally home alone</td>
<td>Exercise with a partner or use a locating technology</td>
<td>Live at home alone</td>
<td>Call 911 or go to a local business to ask for help</td>
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<td>Live with family and have them around 24/7</td>
<td>Developing a plan of preventative strategies</td>
<td>You normally go out with friends/family away from the home</td>
<td>Create list of where you used to live/work and keep list at home</td>
<td>You leave your home or go for walks alone</td>
<td>Use google or apple maps to redirect yourself and keep your home address saved on your phone or on a card that can be kept in your wallet or jacket</td>
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<tr>
<td>Don’t go outside without having someone go with you</td>
<td>Talk to care provider ASAP</td>
<td>You exercise when you are stressed</td>
<td>Have someone look out for you more (i.e., locating devices or have a friend check in with you daily if you live alone)</td>
<td>You get overwhelmed or anxious frequently</td>
<td>Have a friend or family member you can call</td>
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<td>Identification strategies (e.g., ID tags or bracelets)*</td>
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<td>Locating technologies</td>
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<td>Register under a vulnerable persons registry if available in your area*</td>
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<td>Buddy system</td>
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<td></td>
<td>Seek community supports (i.e., home care)</td>
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Can transition to lesser or greater levels of risk at any moment

Need to apply education and proactive strategies as soon as possible so can still encourage safe wandering

NOTE: Strategies with a star (*) next to it could be applied to any risk level
LIST OF AVAILABLE STRATEGIES

Low Risk

- Education and awareness
  - Finding Your Way Program (http://findingyourwayontario.ca)
- Register yourself with the Vulnerable Person Registry (ask local police or Alzheimer Society to determine if your community has one in place) or with an identification program
  - MedicAlert (https://www.medicalert.ca)

Medium Risk

- Exercise with a partner or wear a locating device. These devices can be purchased (https://tech.findingyourwayontario.ca) or you can use the ones already on your phone (e.g. Find My Friend App or Google maps)
- Create a list to keep with a close friend or your care partner of where you used to live and work so in the event you get lost this information can be used to help find you
- Have someone keep tabs as to where you are (i.e., locating devices or a buddy system)

High Risk

- Consider locating technologies:
  - Commercial GPS (https://tech.findingyourwayontario.ca)
  - GPS devices available on your phone (e.g. Find My Friend App or Google maps)
- Seek community supports (i.e., home care, social workers, etc.)
- Register yourself with the Vulnerable Person Registry (ask local police or Alzheimer Society to determine if your community has one in place) or with an identification program
  - MedicAlert (https://www.medicalert.ca)

Unplanned Absence

- Use google or apple maps on your phone to help you find your way back home and keep your home address saved on your phone or on a card that you can keep in your wallet or jacket
- Have a friend or family member you can call in case you are lost
- Go to a local business to ask for assistance
- Identification strategies (i.e., wear an identification bracelet, or put your care partner’s phone number in your jacket or wallet)