

PERSONS LIVING WITH DEMENTIA VERSION



LIST OF AVAILABLE STRATEGIES

Low Risk

- Education and awareness
 - o Finding Your Way Program (<http://findingyourwayontario.ca>)
 - o Alzheimer Society (<http://alzheimer.ca/en/on>)
- 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
 - o 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:
 - o Commercial GPS (<https://tech.findingyourwayontario.ca>)
 - o 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
 - o 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)