



Wandering Prevention Basics

Keeping Someone Safe Without Taking Away Their World

Purpose:

Help caregivers understand wandering before it becomes an emergency.

What Is Wandering?

- Wandering isn't misbehavior.
- It's often driven by:
 - Confusion
 - Anxiety
 - Searching for familiarity
 - Restlessness
 - Feeling "out of place"

Understanding the **why** helps reduce the risk.

Early Warning Signs

- Pacing
- Repeated attempts to leave
- Packing bags
- Talking about "going home"
- Increased restlessness, especially late afternoon

Wandering Prevention Checklist

- Secure doors and exits
- Use door alarms or motion sensors
- Keep car keys hidden if driving is unsafe
- Place stop signs or visual cues on doors
- Provide supervised walks or movement
- Offer reassurance when anxiety rises

Identification & Emergency Prep

- Ensure the person carries ID
- Consider medical ID jewelry
- Keep a recent photo available
- Share concerns with neighbors if appropriate
- Know local resources for wandering response

Important Note

***Wandering is not rebellion.
It's communication.***

Movement often means:

"I'm anxious, and I don't know how to say why."

