

FREE FAMILY RESOURCE

Dementia Wandering Checklist

A family checklist for reducing risk when a loved one may leave unexpectedly.

Risk Signs

- ☐ Talks about going home or work
- ☐ Paces, exits, or checks doors
- ☐ Gets lost on walks or drives
- ☐ Becomes restless late afternoon or evening

Home Steps

- ☐ Door alarms or chimes
- ☐ Hide or secure car keys
- ☐ Recent photo available
- ☐ Neighbor awareness plan

Emergency Plan

- ☐ ID bracelet or wearable ID
- ☐ List of likely places to search
- ☐ Call 911 quickly if missing
- ☐ Keep medical and contact info ready

Care Plan

- ☐ Increase supervision
- ☐ Review triggers and routine
- ☐ Consider adult day or respite
- ☐ Evaluate memory care if risk continues

Free local senior care guidance for families

Questions about home care, assisted living, memory care, or care transitions? Contact Dave Hood at 508-965-0989 or dave@caregiverbinder.net

Educational resource only. Not medical, legal, financial, or emergency advice.