

# ALZHEIMER'S DISEASE AND WANDERING

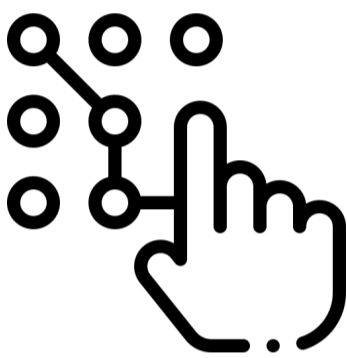
## Tips to Reduce the Risk of Wandering

6 out of 10 people living with Alzheimer's disease or a related dementia will wander at least once, and many do so repeatedly. Follow these tips to help prevent or reduce the risk of wandering.



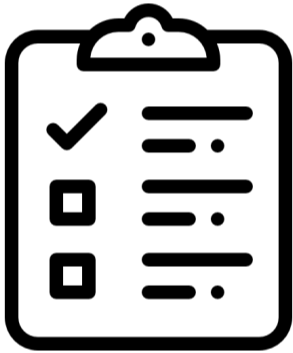
### 1 STAY ACTIVE DAILY

Provide opportunities for the person to engage in structured activities and exercise to help them burn excess energy.



### 2 IDENTIFY PATTERNS

Notice if your loved one wanders at a certain time of the day. Plan things to do during this time, such as exercise or activities, to help reduce anxiety or restlessness.



### 3 CREATE A DAILY PLAN

Developed a structured day that includes your loved one in a number of daily activities such as laundry, meal prep, or cleaning to help them remain active and fulfilled.



### 4 CHECK IN REGULARLY

Ensure all their basic needs are met, including toileting, nutrition, and hydration. Ask how they are feeling emotionally, and reassure them if they feel lost, abandoned, or disoriented.



### 5 CREATE SAFE SURROUNDINGS

Avoid busy places that are confusing and can cause disorientation, such as shopping malls. Do not leave someone with dementia unsupervised if new or unfamiliar surroundings cause confusion or agitation.

PLACER COUNTY PUBLIC HEALTH DIVISION  
PLACER COUNTY HEALTHY BRAIN INITIATIVE  
TO LEARN MORE VISIT:

[HTTPS://WWW.PLACER.CA.GOV/7199/PLACER-COUNTY-HEALTHY-BRAIN-INITIATIVE](https://www.placer.ca.gov/7199/placer-county-healthy-brain-initiative)

