

# Safety Planning for Persons Living with Dementia and for Care Partners

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# Outline

- Overview of safety concerns
- Tips for maintaining independence
- Resources for the person with dementia
- Tips to reduce the risk of a missing incident
- Plan ahead for a missing incident
- Resources for the care partner
- Future webinars

# Safety Concerns

- Going out in an unfamiliar area
- Navigating an area with similar looking buildings or those without identifying features
- Going out later in the day; when tired; when in a hurry
- Not having a “plan” in place
- Concerns related to impacts of dementia\*
- Feeling more “isolated” due to the Covid-19 restrictions\*\*

# Question 1

What is a safety idea that are you currently using?  
e.g. carrying a notebook; filling out an “ID Form”

**Please write your response in the chat box.**

# Poem

## Wandering along the beach by Kate Swaffer ©2014

Before a diagnosis of dementia, if I went walking,  
Even if it was 'wandering' through a shopping centred for pleasure,  
It was still referred to as walking  
Wandering along the beach with the sand between my toes  
Was still considered walking

When I go walking, even if I get lost, I am not a wanderer... I am a person  
Sometimes people like to go for walks, even people with dementia  
Sometimes people get lost, even people without dementia  
Sometimes people walk because they are looking for something, even  
people with dementia  
Sometimes people go walking because they are bored, even people with  
dementia

# Poem

## Wandering along the beach...cont'd

Sometimes people go walking because they might be trying to “escape”

Or “manage” the boredom of living in an aged care facility

They might be feeling like they are in prison...

Locked up even when they are not criminals...

Sometimes people walk for exercise, even people with dementia.

Before aged care, people were involved in habitual walking almost all the time...

Walking to the kitchen to get a cup of tea,

Walking to the bathroom,

Walking to the shed,

Walking to the clothesline,

Walking to the shops...

# Poem

## Wandering along the beach...cont'd

Living in aged care does not mean people with dementia wish to stop walking  
Oddly, before a diagnosis dementia, doctors tell us to get or keep fit,  
And that walking is one of the best exercises for us...  
Even more oddly, when we have dementia, this must stop  
As then walking is referred to as wandering,  
A challenging behaviour that needs managing

# Poem

## Wandering along the beach...cont'd

People with dementia are still “real” people

Living their lives just as they did before acquiring the label of dementia

People with dementia are not wanderers, poor feeders, aggressives, or demented sufferers

People with dementia still wish to live well

But get very little support from others for well-being or for improving our quality of life

Including to go walking

Walking is good for us and fun...

It is not a challenging behaviour.

by Kate Swaffer ©2014



# Tips for the Person Living with Dementia

- Have ID and important information with you at all times
- Carry memory aids
- Stick to a routine and maintain consistency



I have a condition that affects my memory and communication.

Your patience and understanding is appreciated.

**Alzheimer Society**  
LONDON AND MIDDLESEX™

Learn more at [alzheimerlondon.ca](http://alzheimerlondon.ca)

# Tips for the Person Living with Dementia..2

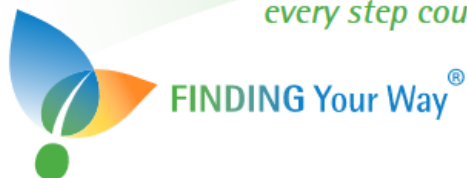
- Use visual reminders
- Be aware of your surroundings
- Use technology (e.g. cell phone with GPS; apps)
- Be open to receiving support
  - e.g. a walking “buddy” or contact person



# Resources for the Person Living with Dementia

I have dementia

For people with dementia,  
every step counts.



## Staying active and staying safe with memory loss

Even though I have memory loss, that doesn't stop me from staying active and doing the things I enjoy. Of course, some days are better than others. Knowing how to keep myself safe is key.

The other day I was walking my dog and forgot how to get home. It happened without warning. It was pretty scary, especially because it had never happened to me before.

So now I plan ahead. It gives me peace of mind.

What happened to me may not happen to you, but it's always better to be safe than sorry.

Being prepared is the smart thing to do.  
Create a safety plan.

Soci t  Alzheimer Society

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Visit: [FindingYourWayOntario.ca](http://FindingYourWayOntario.ca)



## Make a plan.

It's the smart move.

- **Find a buddy** – someone to come along with you, or someone who knows to look for you if you're on your own and overdue.
- **Carry identification** – something that lets people know how they can help if you become lost – consider enrolling in MedicAlert® Safely Home®.
- **Leave your picture and a description of yourself with someone you trust** – something that can be passed onto searchers if you are not found by someone you know.
- **Consider carrying a device** that will help people locate you in an emergency.

For local Alzheimer Society  
contact information,  
call 2-1-1



FINDING Your Way

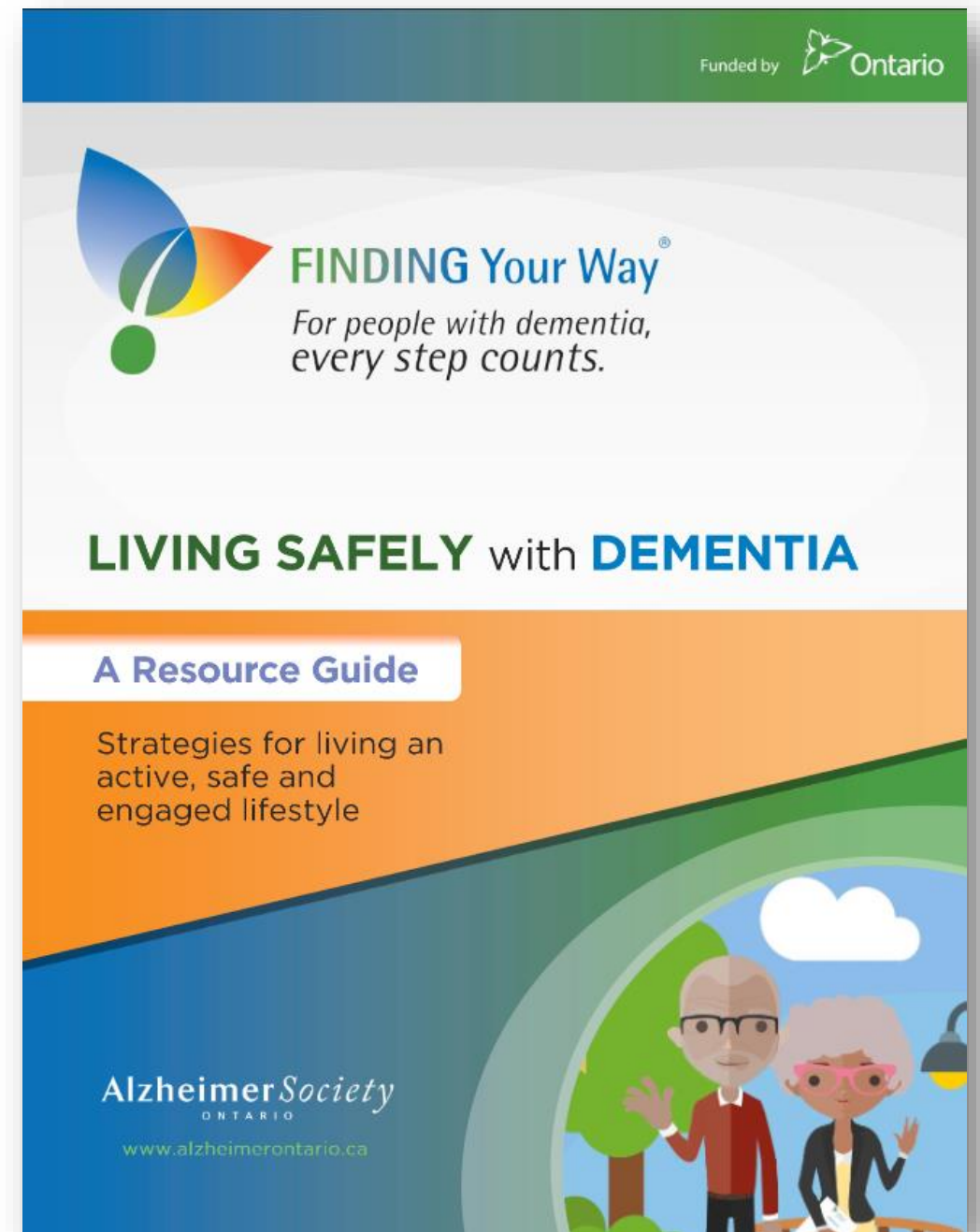
| Soci t  Alzheimer Society

# A. Finding Your Way

<http://findingyourwayontario.ca/resources/>

## B. Finding Your Way

[http://findingyourwayontario.ca/wp-content/uploads/2017/11/Finding\\_Your\\_Way\\_Living\\_Safely\\_with\\_Dementia\\_Resource\\_Guide\\_EN\\_Final.pdf](http://findingyourwayontario.ca/wp-content/uploads/2017/11/Finding_Your_Way_Living_Safely_with_Dementia_Resource_Guide_EN_Final.pdf) (see pages 3, 9 in particular)



## C. Research Institute for Aging By Us For Us© Guides

<https://the-ria.ca/resources/by-us-for-us-guides/>



# Walking safely with dementia



## Dementia Australia

[https://www.dementia.org.au/files/resources/2019-Walking-Safely-With-Dementia\\_A4\\_booklet\\_v8.pdf](https://www.dementia.org.au/files/resources/2019-Walking-Safely-With-Dementia_A4_booklet_v8.pdf)

# Tips to Reduce the Risk of a Missing\* Incident

- Carry out daily activities (daily plan)<sup>1</sup>
- Look for patterns (same time of day?)
- Reassure the person (use validation)
- Ensure all basic needs are met
- Avoid busy places that are confusing and can cause disorientation\*\*



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# Tips to Reduce the Risk of a Missing\* Incident..2

- Place locks out of the line of sight
- Use devices that signal when a door or window is opened
- Provide supervision\*\*\*
- Keep the environment consistent
- Keep car keys out of sight
- Modify outdoor space (if possible)



# Plan Ahead

## My neighbourhood



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- Keep a list of people to call on for help (police, neighbours)
- Ask neighbours, friends and family to call if they see the person alone (if this would not be usual)
- Keep a recent, close-up photo and updated medical information on hand to give to police<sup>2</sup> (ID Form)
- Know your neighbourhood

# ID Form

<http://findingyourwayontario.ca/wp-content/uploads/2019/06/ASO-FYW-Identification-Form-V1-vc.pdf>

# Plan Ahead..2

- Is the individual right or left-handed?
- Keep a list of places where the person may go (on ID Form)
- Consider enrolling the person living with dementia in a “wandering response service” (e.g. MedicAlert® Safely Home<sup>3</sup>)



# Plan Ahead..3

- Label clothing
- Tags on shoes
- Cotton swab (for scent)
- Consider technology (future topic)
- Take a photo of the individual each morning\*
- “Carer Emergency Card” for Care Partner<sup>4</sup>



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# ATTENTION!

## CARER EMERGENCY CARD

Someone relies on me to look after them.  
PLEASE READ THE INFORMATION ON THIS CARD  
in the event of my illness or an accident.

### I AM A CARER:

My name is: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Tel: \_\_\_\_\_

### I CARE FOR:

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Tel: \_\_\_\_\_

### EMERGENCY CONTACT #1:

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Tel: \_\_\_\_\_

### EMERGENCY CONTACT #2:

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Tel: \_\_\_\_\_

### EMERGENCY CONTACT #3:

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Tel: \_\_\_\_\_

### ABOUT THE PERSON I CARE FOR:

\_\_\_\_\_

\_\_\_\_\_

Medication: \_\_\_\_\_  
\_\_\_\_\_

### IMPORTANT PHONE NUMBERS:

Doctor: \_\_\_\_\_

Fire, Police, Ambulance: \_\_\_\_\_

Other: \_\_\_\_\_

This card was adapted from the *Carer Emergency Card*  
produced by The Princess Royal Trust Falkirk Carers Centre

- Carer Emergency Card Template



**"COOL AID" PROGRAM**

Name: \_\_\_\_\_  
Preferred Language Spoken: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Doctor: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Health Card Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Do Not Resuscitate Confirmation Form:  Yes  No Attached:  Yes  No

Medical History: (place a check mark beside all that applies)

|   |  |   |
|---|--|---|
| <input type="checkbox"/> Heart Attack (state of last) _____ | <input type="checkbox"/> Stroke              | <input type="checkbox"/> Pacemaker                    |
| <input type="checkbox"/> Angina                             | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Emphysema                    |
| <input type="checkbox"/> Congestive Heart Failure           | <input type="checkbox"/> Diabetes            | <input type="checkbox"/> Implanted Defibrillator      |
| <input type="checkbox"/> Asthma                             | <input type="checkbox"/> Seizures            | <input type="checkbox"/> Other (please specify) _____ |

Current Medication and Dosage: (prescribed)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Allergies That You Have:  
\_\_\_\_\_  
\_\_\_\_\_

Recent Surgeries:  
\_\_\_\_\_  
\_\_\_\_\_

Once you have completed recording your medical history, place this report on the front of your refrigerator with a magnet. Place the Middlesex-London EMS sticker on the upper left side of the main access door to your residence.

**PARAMEDICS WILL NEED THIS INFORMATION IF YOU ARE UNABLE TO COMMUNICATE AT THE TIME OF THE EMERGENCY.**

www.mlems.ca

Learn the signs of stroke  
To Learn First Aid or CPR please call us at 519-679-5466 ext. 1118


**FACE** is a stroke?  
**A**rm (can you raise both?)  
**S**peech (can you speak clearly?)  
**T**ime (is it a stroke?)  
**Act FAST!** because the quicker you act, the more of the person you save.

| Date | Event (Ex. Blood Pressure recording, Fall, Paramedic called) |
|------|--|
|      |  |
|      |  |
|      |  |
|      |  |
|      |  |

**Additional Information:**

**Paramedics**

**IMPORTANT MEDICAL INFORMATION INSIDE**



**COOL-AID**

- Cool-Aid program (for care partners and person living with dementia\*)
  - \*Combine with Finding Your Way ID Form

# Online Resources

- A. <http://findingyourwayontario.ca/wp-content/uploads/2016/03/FYW-Tipsheets-Dementia-English-Jul2016-1.pdf> (For person with dementia)
- B. [http://findingyourwayontario.ca/wp-content/uploads/2017/11/Finding\\_Your\\_Way\\_Living\\_Safely\\_with\\_Dementia\\_Resource\\_Guide\\_EN\\_Final.pdf](http://findingyourwayontario.ca/wp-content/uploads/2017/11/Finding_Your_Way_Living_Safely_with_Dementia_Resource_Guide_EN_Final.pdf) (Living Safely with Dementia Resource Guide - see pages 3, 9 in particular)
- C. <https://the-ria.ca/resources/by-us-for-us-guides> (Safety When Out and About Guide)
- D. [https://www.dementia.org.au/files/resources/2019-Walking-Safely-With-Dementia\\_A4\\_booklet\\_v8.pdf](https://www.dementia.org.au/files/resources/2019-Walking-Safely-With-Dementia_A4_booklet_v8.pdf) (Walking Safely With Dementia)
- 1 <https://www.alz.org/help-support/caregiving/daily-care/daily-care-plan> (Daily plan example)
- 2 <http://findingyourwayontario.ca/wp-content/uploads/2019/06/ASO-FYW-Identification-Form-V1-vc.pdf> (Finding Your Way ID Kit)
- 3 <https://www.medicalert.ca/safely-home> (Medic Alert® Safely Home program)
- \* Slide deck will be available with this recording. If you have questions about other resources, please e-mail [soster@alzheimerlondon.ca](mailto:soster@alzheimerlondon.ca)



# Extra Resources/References

- 4. <https://alzheimerlondon.ca/wp-content/uploads/Carer-Emergency-Card-Template.pdf> (Carer Emergency Card Template)
- <https://kateswaffer.com/2014/11/29/wandering-along-the-beach/> (Kate Swaffer's poem about walking/wandering)
- [https://www.dementia.org.au/files/resources/2019-Walking-Safely-With-Dementia\\_A4\\_booklet\\_v8.pdf](https://www.dementia.org.au/files/resources/2019-Walking-Safely-With-Dementia_A4_booklet_v8.pdf)
- [https://the-ria.ca/wp-content/uploads/2018/11/BUFU-Guide-Safety-When-Out-and-About\\_AODA.pdf](https://the-ria.ca/wp-content/uploads/2018/11/BUFU-Guide-Safety-When-Out-and-About_AODA.pdf)
- <https://www.alz.org/help-support/caregiving/stages-behaviors/wandering>
- <http://findingyourwayontario.ca/>
- <https://www.alzheimers.org.uk/about-dementia/symptoms-and-diagnosis/supporting-person-dementia-who-walks-about#content-start>
- [https://www.alz.org/help-support/caregiving/safety/wandering\\_\(1\)](https://www.alz.org/help-support/caregiving/safety/wandering_(1))

# Anytime Resources

- <https://alzheimerslondon.ca/covid-19/> Updated regularly
- <https://www.dementiacarers.ca/> (Online resources/support for family care partners)

## Question 2

Which of these safety tips/ideas will be the most helpful to you?

**Please write your response in the chat box.**

# Future Webinars

May 22<sup>nd</sup> @ 11am - **What to do if a person living with dementia goes missing**

Learn what to do if a person living with dementia unexpectedly goes missing. Access valuable resources to help you be prepared and to respond in the moment.

May 29<sup>th</sup> @ 11am - **Wandering and getting lost: a review of at home strategies you can use to manage the risks** – featuring guest presenter Noelannah Neubauer, Postdoctoral Fellow at the University of Waterloo.

Noelannah completed her PhD in Rehabilitation Science at the University of Alberta August 2019, where she focused on developing a framework and guidelines to manage the risks associated with critical dementia-related wandering. She is the co-founder of the International Consortium on Dementia and Wayfinding

# Contact Us

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