



navigate
Dementia

Wandering & Safety Without Feeling Like a Jailer



Understanding Why They Wander

Looking for Something Familiar

They may be looking for something familiar, feeling restless, or simply following old routines.

Not Misbehaviour

It's not misbehaviour. It's unmet need.



Look for Patterns



Time Patterns

Same time of day?



Activity Triggers

After certain activities?



Verbal Cues

Mentioning needing to "go home" or "go to work"?

Create a Safe, Enclosed Environment

Discreet Security

Locks out of sight



Technology Aids

Alarmed doors or motion sensors



Environmental Management

Remove triggers like coats or keys



Redirection Techniques



Offer Alternatives

"Before we go out, let's have some tea."



Provide Tasks

Engage them in folding laundry or sorting objects



Gentle Guidance

Redirect with calm, positive suggestions



Provide Purposeful Activities



Safe Walking Areas

Walking inside a secure garden or hallway



Meaningful Tasks

Repetitive, meaningful tasks



Purposeful Movement

Movement with meaning reduces wandering



Use Reassurance Over Correction



Offer comfort

"Everything's okay. You're safe."



Validate feelings

Acknowledge their concerns without contradiction



Avoid confrontation

Avoid telling them they're wrong



When They Get Out

Maintain Composure

Stay calm

Alert Support Network

Notify neighbours or local authorities

Consider Safety Tools

Consider ID jewellery or GPS tracking

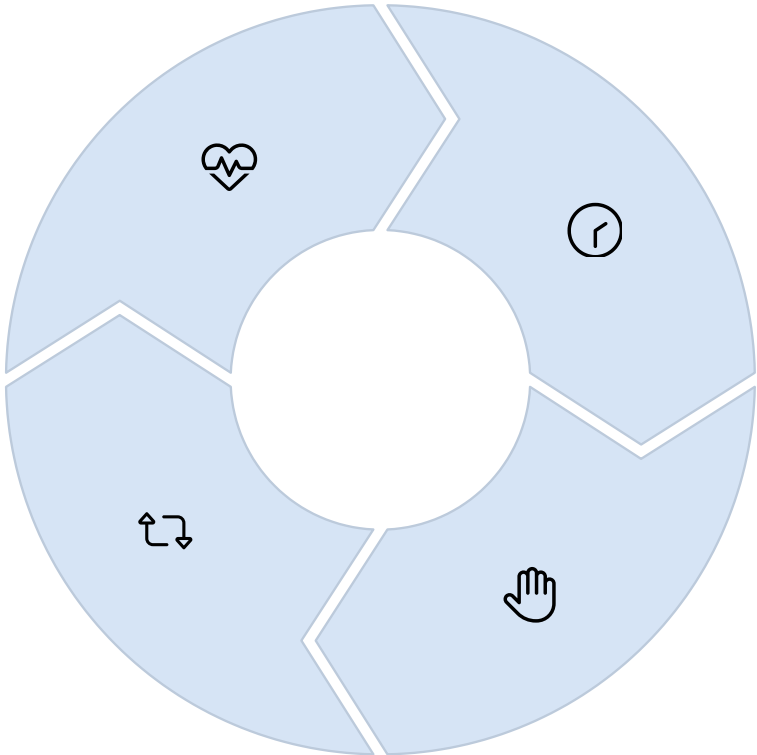
Care for Yourself Too

Acknowledge Challenges

Wandering can be exhausting

Restore Energy

Practice self-care routines

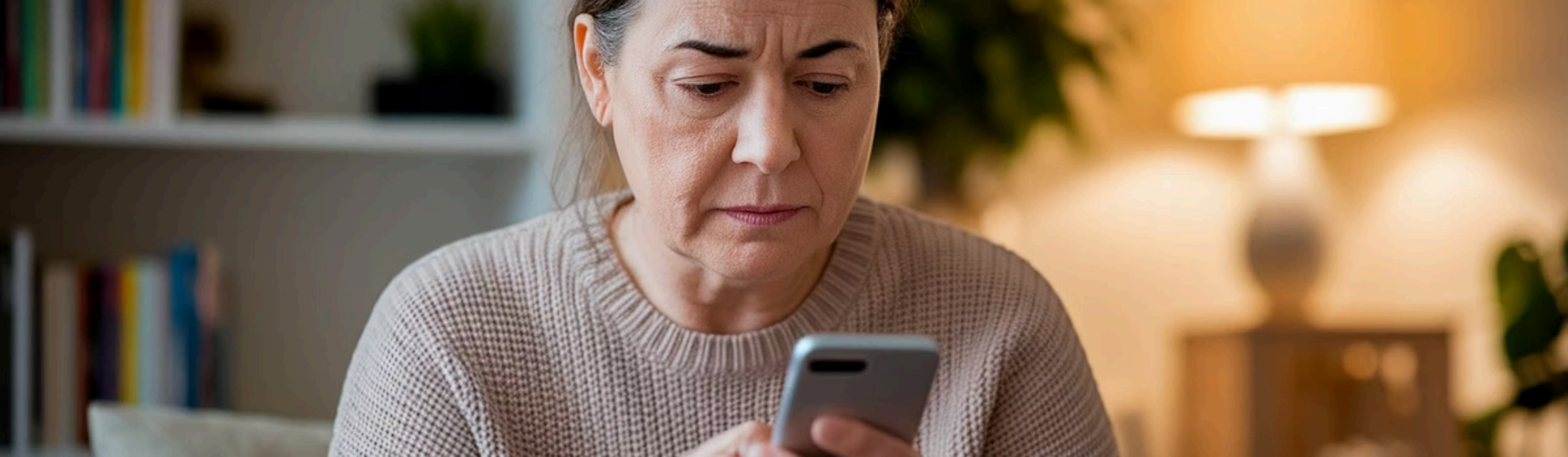


Schedule Breaks

Build in your own breaks

Accept Help

Allow others to support you



Ask Navigate Dementia

1

Prevention

"How do I prevent my loved one from wandering?"

2

Activities

"What are safe activities to reduce pacing?"

3

Tools

"What safety tools do caregivers recommend?"