

ALZHEIMER’S & DEMENTIA

For Caregivers of Loved Ones with Dementia

*Wandering is a common and dangerous behavior in Alzheimer’s and other dementias.
During extreme heat or cold, wandering becomes a life-threatening emergency.
Use this checklist to reduce risk and be prepared.*

WANDERING SAFETY CHECKLIST

Home Safety

- ☐ Secure doors and exits during high-risk times
- ☐ Install door alarms, chimes, or motion sensors
- ☐ Use childproof, slide, or high-placed locks
- ☐ Keep keys, coats, shoes, and purses out of sight
- ☐ Use visual cues on doors if helpful (stop signs or covers)

Supervision & Routine

- ☐ Increase supervision during late afternoon and evening
- ☐ Maintain a consistent daily routine
- ☐ Provide regular reassurance and redirection
- ☐ Avoid leaving your loved one alone when wandering risk is present

Clothing & Identification

- ☐ Ensure a medical ID bracelet or necklace is worn
- ☐ Label coats and clothing with name and phone number
- ☐ Keep weather-appropriate clothing available
- ☐ Consider GPS tracking if wandering has occurred before

Extreme Weather Precautions

- ☐ Monitor weather forecasts daily
- ☐ Secure doors during extreme heat or cold
- ☐ Do not allow unsupervised outdoor access
- ☐ Remember: Wandering during extreme temperatures is a medical emergency

Emergency Preparedness

- ☐ Keep a recent photo on your phone
- ☐ Save emergency numbers and local police non-emergency contact
- ☐ Inform trusted neighbors if wandering is a concern
- ☐ Call 911 immediately if your loved one wanders during extreme weather

Important Reminder

People with dementia do not wander on purpose.

They wander because their brain can no longer keep them safe.

Preventing wandering can save a life.

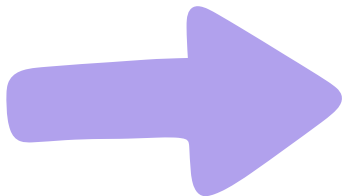
Contact Info

Caregiver Name: _____

Loved One’s Name: _____

Emergency Contact: _____

Date Reviewed: _____



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How to Keep Alzheimer’s & Dementia Patients Safe in Extreme Heat & Cold