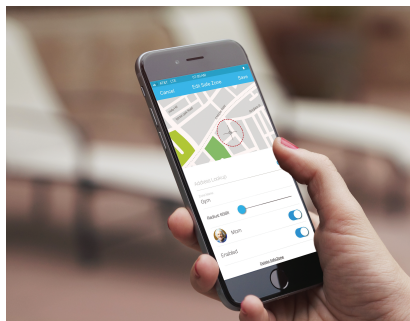## What you can do if your loved one wanders

As caregivers, we want to know immediately when our loved ones wander from a safe area. Wandering occurs primarily in the early and middle stages of the Alzheimer's and dementia, when loved ones are more active. In fact, 60% of adults with Alzheimer's or dementia will wander, and it's often hard to predict when a wandering event will occur. Wandering can happen quickly, and during normal activities – shopping at a grocery store, waiting for a prescription, just sitting in the backyard. Fortunately, there are affordable, easy to use wearable solutions available that will help family caregivers monitor wandering. Wearables provide a complete solution when they provide tracking and built-in direct communications. Automatic-answering audio on a loved one's wearable means that in a wandering event, you can contact your loved one immediately via your own smartphone app. Even if they don't or can't answer, they or someone near them can **hear you**. Knowing where you loved one is, when they might need you, and be able to speak with them means more peace of mind for family caregivers and loved ones.

How to help a family member who wanders using a wearable for your loved one, connected to a family caregiver's smartphone app to provide GPS location information, activity tracking, and communications:

Create safe areas for your loved one using your caregiver telephone app. For instance, create a safe zone (GPS geofence) around their home, their favorite walking path, even a favorite restaurant they visit withfriends.

Be notified on your smartphone app when your loved one enters orleaves a safe area so that you can check on them.

Quickly call your loved one to check-in and make sure they are okay. If needed you can reassure them that help is on the way. Knowing where they are and being able to call and locate them quickly can help prevent unexpected wandering events, upsetting and costly ER visits or hospital admissions.

Wandering Solution in Action
Click here for a short 2.5 minute video showing how it works.

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