



## ADVANCE CARE PLANNING

Every person who has dementia has a different experience. It may be years before their dementia becomes worse, or the person may be in advance dementia within months. Either way, it is important to start planning for the future the moment the person is diagnosed with dementia.

### What Is Advance Care Planning?

- Advance Care Planning is where you make decisions about the future care the person living with dementia will receive when they are unable to make those decisions on their own.
- This planning must involve their personal values, preferences, and desires for how they want to be cared for, for the remainder of their life.
- This planning should also discuss who is in charge of making these decisions for the person living with dementia.

### What Are Important Things to Consider?

- Start planning as early as possible, so the person living with dementia can tell you what they would like in their care plan before their dementia worsens.

- This planning should include the person living with dementia's healthcare provider and family.
- Let the person living with dementia pick who they want to speak on their behalf.
- An official healthcare proxy form should be filled out if the healthcare provider believes the person living with dementia cannot make decisions for themselves.
- Everyone in the family, caretaking team, and healthcare team should know who the healthcare proxy is and what the advance care plan is.
- The advance care plan should include whether the person living with dementia will want to be revived if their heart or lungs suddenly stop working.
- A discussion around feeding should occur. In persons with dementia who develop trouble swallowing, artificial nutrition and hydration is usually not helpful as it can also cause choking and pneumonia



## AGITATION & AGGRESSION

Agitation and aggression can be expressed verbally or physically. They may occur suddenly with no obvious cause, or from frustration/anxiety. This can make your job as caretaker more difficult. It is important to understand that the person living with dementia is not acting like this on purpose.

### What Are Agitation & Aggression?

- Frustration and anxiety may cause the person to act out angrily towards other by hitting, pushing, shouting at, or arguing with them.

### What Are Some Causes?

- The person feels uncomfortable.
- Large crowds, or the presence of certain people.
- Annoying sounds.
- The person feels unable to talk about their needs and feelings.
- Fear or confusion about who they are, who the people around them are, and where they are.

### How Can We Manage It?

- Check if they have any pain or are uncomfortable throughout the day and try to make them feel as comfortable as can be.
- Let the person do as much on their own as possible.

- Use a caring tone to calm the person down.
- Remind them of where they are, who you are, or who they are if they become confused and anxious.
- Try music therapy, where you have the person living with dementia listened to 30 minutes of their favorite type of music a day, every day. If they like dancing you can try dancing with them.
- Try to exercise with the person living with dementia.

### What If These Things Do Not Help?

- Sometimes give the person some space as long as it is not a safety issue and trying again later can help.
- Sometimes in these cases if all other treatments have not worked, you can talk to your healthcare provider about starting them on antidepressant medication which sometimes helps.



## APATHY

Dementia may cause many changes in how they feel and act, apathy being one of them. Apathy may make enjoying life and talking to others difficult for both the person living with dementia and yourself. The information below may help you manage apathy as the dementia progresses.

### What Is Apathy?

- Apathy is losing all interest in any physical or social activities.
- Other symptoms:
- Finding it hard to start or complete tasks.
- Lack of energy.
- Lack of curiosity of what is going on around them.

### What Are Some Causes?

- Damage to the frontal lobe of the brain from their dementia.
- Feeling alone or separated from the people around them.
- Changes in their sleep and wake cycle.
- Depression.

### How Can We Manage It?

- Plan enjoyable activities for the person living with dementia.

- Increase the time spent talking and doing activities with the person living with dementia.
- Encourage them to meet and talk to others through:
  - Book clubs
  - Exercise Clubs
  - Cooking Classes
- Try different forms of therapy like:
  - Pet Therapy
  - Art Therapy
  - Music Therapy

### What If These Things Do Not Help?

- Contact your healthcare provider as there are medications that can sometimes help decrease apathy in persons living with dementia.



## AGGRESSION WHEN PERFORMING BATHING/ PERSONAL CARE

Helping with bathing and personal care, like changing incontinence pads or clothing, can be the most difficult task that caregivers deal with. Since it is such an intimate interaction, people with dementia may see your help as uncomfortable and disrespecting their personal space. This can lead to frustration, causing them to become aggressive towards you. Here is some information on how to avoid this.

### What Is It?

- Yelling, insulting, cursing, hitting, spitting, or kicking because they are frustrated and angry.

### What Are Some Causes?

- The person may become frustrated doing certain tasks because they may have forgotten how to do them correctly.
- Frustration over losing their independence and not wanting to accept any help.
- The person does not want to be told what to do.

### How Can We Manage It?

- Make bathing and getting ready simple and easy for them to do.
- Respect their need to do things on their own and have their own space.

- Give them hints if you notice them having trouble with bathing or dressing.
- Lay out their outfits and the items they need to shower beforehand so that they know they must put on/use each item.
- Avoid becoming frustrated or angry yourself, as this could make them even more agitated.

### What If These Things Do Not Help?

- Try walking away and coming back again to help them later if it is not an immediate need.
- Sometimes in these cases, if all other treatments have not worked, you can talk to your healthcare provider about starting them on antidepressant medication which sometimes helps.



# ALIVIADO

DEMENTIA CARE



## CARE AT THE END OF LIFE

As a person with dementia approaches the end of their life, they may become more restless, have changes in how they breathe, and make breathing sounds that are loud and appear uncomfortable. This can make your job as caretaker more difficult. The hospice team caring for your loved one can help you to manage this.

### What Occurs at the End of Life?

- At the end of life, your loved one's body starts to shut down. This can cause them to become more restless, change their breathing pattern, develop concerning breathing sounds, and their skin will cool down. Your loved one will also stop eating and drinking and at some point will stop interacting with you.

### What Are Some Causes?

- There are a number of different reasons your loved one has reached this point. It is not important to dwell on the cause. At the end of life, the goal is to make sure they are well cared for and have their loved ones surrounding them as much as possible.

### How Can We Best Care for Our Loved One?

- Follow your hospice team's

instructions on what medicines to give for the symptoms that you are seeing in your loved one.

- Be present. The last senses your loved one will lose are hearing and touch. Holding their hand, playing music they enjoy, and talking to them can all be calming, even if they are no longer able to say how they feel.
- Make sure to share with family and friends that they are reaching the end of their life, and that if they want to say their goodbyes, now is the time.
- It is ok to give permission for your loved one to let go.

### What If These Things Do Not Help?

- If the symptoms, such as restlessness, shortness of breath, or loud, gurgling when breathing are not relieved, tell your hospice team so they can help you get these under control.



## CAREGIVER STRESS

Taking care of a person living with dementia can be a very difficult and a frustrating responsibility. It is important to understand this, and remember that too much stress can be harmful to both you and the person you are caring for. Here is some information on how to deal with caregiver stress.

### What Is Caregiver Stress?

- When you begin to feel stressed, angry, and frustrated because of the emotional and physical strain of being a caregiver.
- Feeling hopeless because you feel like you cannot make your or their life better.
- Feeling alone that you are the only one dealing with this.

### What Are Some Causes?

- Taking on more tasks than what is healthy or what you can comfortably handle.
- Blaming yourself for things you cannot control or change.
- Focusing on negative thoughts or bad times.
- Not making time in your schedule for yourself and to let out any stress/frustration.

### How Can We Manage It?

- Accept how things are in your life and the person living with dementia's life for what it is.
- Try not to focus on what cannot be changed.
- Understand that this is a difficult responsibility that you have, and you cannot do everything on your own.
- Ask for help from other people, services, or organizations when needed.
- Make time in your schedule for you to relax and stay healthy.
- Find nearby community resources that can help you with caring for the person living with dementia.

### What If These Things Do Not Help?

- Seek out help from a social worker at your home health agency or the local Alzheimer's Association. They may have additional resources to help reduce your feelings of stress and burden.



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## COMMUNICATION

Dementia can make it harder to communicate with others. This may create problems with expressing any thoughts or feelings for the person living with dementia, which can make them feel very frustrated. Here is how you can try making communicating easier.

### Why Is Communication Important in Caregiving?

- Practicing the way you talk to the person with dementia can help you provide better care, and make your life and the person living with dementia's life easier.
- As the caretaker, practicing the way you talk to the person with dementia will help you understand when then they are having pain, depression, hunger, frustration, and discomfort.
- Use simple, easy to understand sentences when talking to them.
- If they are having problems with remembering who you are, try introducing yourself whenever you talk to them.
- Avoid becoming frustrated and lashing out, as this can make them agitated.
- Always remind them where they are and who they are if they forget. If they are confused they may not be able to understand what you are trying to tell them.

### How Can It Be Improved?

- Have patience when talking with the person living with dementia.
- Try guessing or helping them out if they are having problems with telling you something.



## CONSTIPATION

Constipation can be a serious issue if left untreated. Many people with dementia are at risk for long-lasting constipation, which can make them uncomfortable and agitated. The information below may help you prevent constipation from occurring or making it less of an issue.

### What Is Constipation?

- Difficulty pooping because it is too hard or too big to easily come out.

### What Are Some Causes?

- Not drinking enough water or liquid.
- Not going to the bathroom enough times out of the day/week.
- Not eating enough fiber.
- Eating too much dairy.
- Stress.
- Not getting enough exercise.
- Taking certain medications can cause constipation.

### How Can We Manage It?

- Have them eat foods that are high in fiber, like vegetables, whole grains (brown rice, whole grain bread), and beans.
- Make sure they are drinking enough water a day. About 2-3 Liters unless the doctor has said

they have to drink less than that for a health problem they may have.

- Encourage them to exercise for at least 30 minutes a day, at least 3 times a week.
- Ask the healthcare provider if the person living with dementia can take over the counter fiber supplements, stool softeners, or laxatives.
- Keep a record of when they poop every week.
- Alert the healthcare provider if the person living with dementia goes more than two days without pooping.

### What If These Things Do Not Help?

- Ask your healthcare provider if they have other prescription medications they can suggest for constipation.

# CONTRACTURES

Contractures may develop over time and make it more difficult for the person living with dementia to move easily. This can make doing everyday tasks like exercising more difficult. Here is some information on how to manage contractures as an everyday obstacle.

## What Are Contractures?

- The tightening of muscles that causes them to be unable to bend their arms, legs, and hands, making it harder to move.
- It can happen a lot in the:
  - Hands
  - Fingers
  - Knees
  - Elbows
- It can lead to:
  - The skin in that area to become weak.
  - Not being able to move as much.
  - Not being able to do certain tasks like putting a button through a hole.

## What Are Some Causes?

- Brain and nerve problems like a stroke.
- Damage to their nerves.
- Not using certain joints for a long period of time.
- The weakening of the bones with age.

## How Can We Manage It?

- Have them exercise for at least 30 minutes a day, and at least 3 days a week.
- Avoid having them sit or lay down in the same position for long periods of time.
- Try have them stretch and move their arms and legs at least every 3-4 hours when awake.
- Encourage the person living with dementia to do as much as they can on their own, so that they can keep their ability to move and do things on their own as much as possible.
- Physical therapists can teach them exercises to prevent contractions or prevent them from getting worse.

## What If These Things Do Not Help?

- Contact your healthcare provider. There are some treatments that can be performed to decrease a contracture in a muscle and return function.



## DEPRESSION

Depression is a common problem in people who have dementia. It can make dealing with the disease harder for both the person living with dementia and caregivers. Here is some information on how to make the depression easier to manage.

### What Is Depression?

- Feeling sad for long periods of time.
- Little energy or motivation to do enjoyable/everyday activities.
- A lack of interest and concentration.
- Trouble sleeping at night or sleeping too much.
- Not wanting to eat as much or at all, or wanting to eat too much.

### What Are Some Causes?

- Physical disabilities, loss of independence, pain, sleeping problems, and other health problems may lead to depression.
- The person may begin feeling depressed because they feel alone or separated from certain people or activities because of their dementia.
- Changes in the brain from dementia, alcohol abuse, drug abuse, injury, or taking certain medications.

### How Can We Manage It?

- Let them know that that you are here to help them as much as they need it, and always talk to them in a positive and caring voice.
- Create a daily schedule that includes fun activities, going outside, and spending time with other people.
- Encourage them to exercise for 30 minutes a day.
- Try different forms of therapy like:
  - Pet Therapy
  - Aromatherapy
  - Music Therapy

### What If These Things Do Not Help?

- If these tips do not seem to work, let the healthcare provider know and they may prescribe a medication for the depression.



## DRIVING

Driving requires many skills like reacting fast, quick thinking, and knowing where to go. Over time, dementia can weaken these skills, and this may put the driver and others on the road in danger. The information below may help you when driving becomes a problem.

### Why Might Driving Be An Issue?

- Dementia damages the person's memory so they might forget:
  - How to properly drive the car.
  - How to get around town.
  - How to get back home.
  - What different signs/lights mean.
- People with dementia react slower to quick changes, so they might not be able to stop the car if a child or animal runs out in front of them.
- Forgetting how to get home makes it easier for them to go missing.
- Weak driving skills make them more likely to be in a car accident.
- Not being able to drive anymore takes away their independence which can be frustrating for everyone.

### How Can We Manage It?

- Plan for when it does become time to have the person living with dementia stop driving.
- Call and ask if the DMV can re-test their driving if the person living with dementia does not want to stop driving.
- Make sure they cannot get a hold of the car keys or the car itself.
- Make it so that they do not have the need to drive to places by having things delivered to the home when possible.

### What If These Things Do Not Help?

- Consider selling the car.
- Consider disabling the car by removing a spark plug if you know how to safely do so.



## FEEDING/WEIGHT LOSS

Eating enough and eating the right foods are very important to live a healthy life. Over time, dementia can make it difficult to eat and their judgment on what to eat can become worse. Here is some information on how to ensure the person living with dementia has a proper diet.

### Why is Feeding and Monitoring Weight Loss Important?

- Weak memory and thinking skills may make it harder for them to eat because:
  - They may forget how to use certain utensils and dishware properly.
  - They may forget or not know when they are hungry
  - They may forget how to cook certain foods, which could lead to them accidentally eating raw meat.
  - Over time they may forget how to chew and swallow correctly.
- Difficulty eating can easily lead to the person not eating enough, which then leads to unhealthy weight loss and poor health.

### How Can We Manage It?

- Create a schedule for meals and snacks every day.
- Prepare several smaller meals throughout the day instead of a few larger meals.

- Make sure the food they eat is healthy and something they like to eat.
- If they do not eat for several hours, encourage them to eat or remind them why they need to eat.
- Prepare meals ahead of time, so that all they must do is heat it up and eat it.
- Try giving them Ensure or ice cream if they are not eating table food, if they are losing weight, or not eating a variety of foods.
- Make sure the food is:
  - Soft & easy to chew.
  - Has no bones, pits, or seeds in them.

### What If These Things Do Not Help?

- Contact your healthcare provider about other options for improving appetite or increasing weight.
- Ask your healthcare provider if he/she can refer you to a dietician to help create an effective meal plan.
- If feeding is an issue, consider asking your healthcare provider or home health provider if an occupational therapist might help with creating feeding strategies.



## HALLUCINATIONS & DELUSIONS

Many people with dementia experience hallucinations or delusions. They may be frightening for you and them, but also may just involve people or things from the person's past. Here is some information to help you handle any hallucinations or delusions.

### What Are Hallucinations & Delusions?

- Hallucinations are things the person may see, hear, smell, taste, or feel that are not actually there.
- Delusions are when the person has false or exaggerated beliefs like someone is out to hurt them.

### What Are Some Causes?

- Changes in the brain from Dementia can cause hallucinations and delusions to happen.
- Some medications cause hallucinations and delusions.
- Mental health problems like schizophrenia, alcohol abuse, or drug abuse.
- Hearing and vision problems.

### How Can We Manage Them?

- If the hallucinations or delusions are new, talk to the healthcare provider as this could be caused by a new health problem.

- If the hallucinations and delusions do not cause harm or anyone, they do not need to be treated.
- Try reminding them of what is reality when the patient when they become confused.
- If they have a lot of hallucinations throughout the day, make sure they are always in a place where they cannot hurt themselves.
- Try calming them down if they become frightened.

### What If These Things Do Not Help?

- If the hallucinations or delusions become a concerning issue, talk to the healthcare provider about it and they may prescribe an antipsychotic for them. This step should not be taken lightly as antipsychotics have many side effects including an increased risk of heart attack and stroke.



## INCONTINENCE

People with dementia may have frequent accidents (peeing or pooping on themselves) in and out the home. It is important to try your best to prevent incontinence, and here are some tips on how to do that.

### What Is Incontinence?

- The person cannot control their need to use the bathroom.

### What Are Some Causes?

- They forget or cannot feel that they need to go to the bathroom.
- They forget where the bathroom is in the home or building.
- Some medications may make it easier for the pee to accidentally leak out.
- Stress, constipation, urinary tract infections (UTI), or prostate issues.
- Drinking too much soda, coffee, tea, or alcohol.
- They cannot get to the bathroom in time because:
  - They walk slow.
  - They do not get out of bed fast enough.
  - Their clothes are hard to take off.

### How Can We Manage It?

- Try using absorbent underwear and bedding made for people with incontinence to make accidents easier to handle.

- Be supportive if an accident happens.
- Remind them to let you know when they feel the urge to use the bathroom.
- Make going to the bathroom at home easy. Make sure the bathroom is easy to find; the toilet and sink are easy to get to and use, and they can easily get to everything they need.
- If the person has trouble getting to the bathroom, talk to your healthcare provider about getting a bedside urinal or commode.
- Try taking the person living with dementia to the bathroom every two hours during the day.
- Do not let them drink too much water, two hours before bedtime

### What If These Things Do Not Help?

- Make sure to clean the person living with dementia as soon as possible to prevent skin irritation. If they are starting to have redness in their groin or buttocks tell your healthcare provider as it could be a sign of infection.
- If a person is aggressive when you are trying to change them, try again a few minutes later.



## PAIN

As their dementia gets worse, it may be harder for them to know when they are in pain and tell you about it. As the caregiver, it is important for you to manage their pain as fast as possible. If left untreated it may cause more problems in the future for you and the person living with dementia, including unnecessary suffering and agitation.

### What Is Pain, and Why Is It Important to Be Aware Of?

- Pain is any physical suffering or discomfort.
- What is painful is different for everyone; some are more sensitive than others.
- Pain can be difficult to check in persons living with dementia, as they may feel it differently or they cannot clearly tell you what they are feeling.
- If pain is left untreated it may cause depression, frustration, agitation, limited moving, social isolation, and aggression.

### What Are Some Causes?

- Arthritis or Gout
- Diabetes
- Bone fractures from Osteoporosis
- Cancer
- Shingles
- Lower back strain
- Sciatica
- Physical Trauma
- Sitting or lying for long periods of time without moving.

### How Can It Be Recognized and How Can We Manage It?

- Ask if they have any pain or are uncomfortable throughout the day, and try to make them feel comfortable as soon as possible.
- Look for any physical signs of pain like:
  - Frowning or grimacing
  - Crying
  - Not moving a certain body part
  - A change in their tone of voice
- Try some at home treatments like:
  - Ice and Heat packs
  - Massages
  - Music Therapy
  - Meditation
  - Aroma Therapy
  - Compression

### What If These Things Do Not Help?

- Speak with your health care provider about taking over the counter or prescribed pain medicine.



## PRESSURE ULCERS

Pressure ulcers, also known as bedsores, can become a frequent problem if the person living with dementia does not move around a lot. Pressure ulcers can be painful and if left untreated can become open wounds that may get infected. The information below can help you avoid pressure ulcers from forming or prevent them from becoming worse.

### What Are Pressure Ulcers?

- An area of skin that becomes red and starts to become weak when something keeps pressing against it for long periods of time.
- Over time, this pressure on the skin causes the skin to become so weak that the skin breaks and an open wound is made.
- Mostly happens where the skin is very thin and over bone like the hip or bottom of one's back.

### What Are Some Causes?

- Not getting enough nutrients in their food.
- Long-term pressure on areas of skin over bones.
- Lying in the same position for long periods of time without moving.
- Fragile, thin, sensitive skin is more at risk of becoming a pressure ulcer.
- Having the skin wet from incontinence for long periods of time.

### How Can We Manage It?

- Encourage and help the person living with dementia to get up and move

every couple of hours.

- Always look for any patches of redness on the body that do not return to the usual skin color when you press on them in areas like the:
  - Ankles
  - Heels
  - Buttocks
  - Hips
- If the person living with dementia cannot move on their own:
  - Put pillows in between knees and ankles.
  - Make sure their bed/chair is soft and padded.
  - Try putting them in a different position every 2-4 hours.
- Always make sure their skin stays dry.
- Make sure they are eating enough and getting the right nutrients.

### What If These Things Do Not Help?

- Talk to your home health nurse or healthcare provider about how to best prevent and treat any forming pressure injuries.



## SEXUAL DISINHIBITION

Inappropriate sexual behavior may become a problem as their dementia progresses. Dealing with this can be one of the most frustrating, embarrassing or frightening moments for caregivers. Here is some information on how to handle these situations if they ever come up.

### What Is Sexual Disinhibition?

- Inappropriate sexual behavior like:
  - Pleasuring themselves.
  - Sexually touching others.
  - Taking off their clothes in public.
  - Sexual behavior directed towards children, family, friends, and caregivers.

### What Are Some Causes?

- Changes in the brain from dementia.
- Increased libido.
- Loss of higher brain function.
- Sexual frustration.
- Discomfort.

### How Can We Manage It?

- Try distracting them or guide them to what they should be doing when they begin to undress or act inappropriately.
- Keep them occupied with exercise and other activities.
- Have them wear clothes that are harder to take off if they are known to take their clothes off in public.
- If they are known to have sexual disinhibition, make sure that they are not left alone in public.

### What If These Things Do Not Help?

- Talk to your healthcare provider as medications can sometimes help to decrease incidents from occurring.



## SLEEP DISTURBANCES

Problems with sleeping are common for people with dementia. They may not get enough sleep or sleep too much, which can affect their mood and energy levels. No matter what situation, here are some tips to help them get better sleep.

### What Are Sleep Disturbances?

- Waking up during the night many times.
- Staying awake during the night.
- Sleeping for long periods of time during the day.

### What Are Some Causes?

- Other health problems like: depression, restless leg syndrome, and obstructive sleep apnea disorder.
- An uncomfortable bed or feeling pain during the night.
- Changes in the brain caused by Dementia.
- Having the feeling to use the bathroom during the night.

### How Can We Manage It?

- Let them nap only once a day for 90 minutes or less.

Encourage them to exercise for at least ½ hour each day.

- Set a time for them to wake up and to go to sleep that is the same every day.
- Open any blinds and windows, and keep the apartment bright until bedtime. Then make sure all the lights are off for the entire night.
- Do not let them drink anything with caffeine like Coffee, Soda, and Tea in the afternoon or evening.
- Do not let them read, watch TV, or stay awake in their bed for long periods of time.
- Do not let them drink anything two hours before bedtime.

### What If These Things Do Not Help?

- If they continue to have sleep problems after trying all these things, let your healthcare provider know and they may prescribe a short acting sleep medication.



## SUNDOWNING

People with dementia can suffer from sundowning that can make it harder for them to get a good night's rest. This lack of quality sleep can affect their mood and energy levels during the day. Here is some information to help you keep sundowning from being an issue.

### What Is Sundowning?

- Agitation, confusion, or restlessness that starts in the late afternoon into evening and night.

### What Are Some Causes?

- Not doing any exercise or activity during the day.
- Dementia can change a person's internal clock that tells them when to sleep and wake up naturally.
- Low lighting during the day, or bright lighting at night.

### How Can We Manage It?

- Have them exercise and do fun activities during the day, and relaxing activities in the evening.

- Turn off all electronics, lower the volume on the TV or radio, and do not let them drink anything 1 hour before bed.
- A nap during the day may help, but make sure they do not nap for more than 90 min.
- Dim any bedroom or living room lights 1 hour before going to bed.

### What If These Things Do Not Help?

- Talk to your healthcare provider about whether melatonin may be a good treatment.



## WANDERING

Dementia changes someone's memory. Sometimes they may forget where they are, where they need to go, or how to get around. They may forget to do everyday things like getting dressed and even forget who their loved ones are. They could even go missing from the home for several hours or days. Here is some information on preventing wandering from becoming an issue.

### What Is Wandering?

- Forgetting how to get to places like the bathroom and the store.
- Forgetting where they are or where they should be like wanting to go home when they are already home.
- Forgetting how to do certain tasks like how to brush their teeth or put on their clothes.
- 6/10 people with dementia will wander at some point in their life.

### What Are Some Causes?

- Dementia damages the person's memory, causing them to forget who people are; places they have been to before; and what certain objects are.

### How Can We Manage It?

- Create a daily schedule full of activities and tasks to keep the person busy.

- Remind them where they are and that they are in a safe place if they become confused about their whereabouts.
- Keep any keys to cars or rooms/ closets with dangerous items out of sight.
- Never leave the person alone, and avoid leaving any doors to the outside open or unlocked.
- Prepare an emergency plan with their updated medical information and picture just in case they do go missing

### What If These Things Do Not Help?

- Consider asking for an occupational therapy consult, as they can help suggest changes to your home to decrease the risk of wandering.