



Wandering Prevention Checklist

Communication

Teach and practice communication skills to express needs, wants, or discomfort.

Community Awareness

Inform neighbors and local businesses about the individual's tendencies and share emergency contact information.

Emergency Preparedness

Create an emergency plan with neighbors, local law enforcement, and first responders. Provide them with relevant information about the individual.

Environmental Modifications

Make modifications to the home environment to reduce potential hazards. Remove or secure items that may be dangerous to the individual.

Identification and Documentation

Ensure the individual carries identification with contact information. Keep recent photographs and medical information accessible.

Monitoring Technology

Explore wearable GPS devices, tracking apps, or monitoring systems to keep track of the individual's location.

Physical Exercise

Incorporate regular physical activities to channel energy and reduce restlessness.

Professional Guidance

Consult with professionals, such as behavioral therapists or autism specialists, for personalized strategies and support.

Regular Check-ins

Regularly check on the individual, especially during potentially challenging times, to ensure their well-being.

Routine and Predictability

Establish and maintain consistent daily routines. Predictability can reduce anxiety and the likelihood of wandering.

Safety Education

Educate the individual about safety rules and the dangers of wandering. Use visual aids and social stories to reinforce concepts.

Secure Environment

Install secure locks on doors and windows. Consider alarms or chimes to alert you when doors are opened.

Sensory Needs

Address sensory sensitivities to minimize discomfort. Provide sensory-friendly spaces and tools for self-regulation.

Social Engagement

Encourage social engagement and activities that provide a sense of connection and fulfillment. Loneliness can contribute to wandering.

Supervision Plan

Develop a supervision plan based on the individual's needs and tendencies. Establish clear guidelines for caregivers and support personnel.

Tracking Tools

Keep recent photographs, medical records, and detailed information readily accessible for use in case of an emergency.

Visual and Auditory Cues

Use visual and auditory cues to signal transitions or changes in routine. This helps the individual anticipate and adapt.