

Yes! I want to do my part to help the Alzheimer's Alliance fight against Alzheimer's disease and support the Northeast Texas families faced with this devastating illness by including a donation with the form below.

- \$1,000 \$500 \$250 \$100
 \$50 \$25 Other _____

Donor: _____

Phone: (____) _____

Address: _____

City: _____

State: _____ Zip: _____

My donation is

- In honor of: In memory of:

Name: _____

Phone: (____) _____

Address: _____

City: _____

State: _____ Zip: _____

Payable and mail to:

**Alzheimer's Alliance of Northeast Texas
211 Winchester
Tyler, Texas 75701**

THANK YOU FOR CARING!
Your gift is tax deductible.

Programs and Services

The Alzheimer's Alliance of Northeast Texas offers the following services and programs to families affected by Alzheimer's in the 16 counties we serve.

Services

- Alzheimer's Day Clubs
- Family Support Groups
- Respite Care Assistance Program
- Tracking and Identification for Wanderers
- Caregiver Helpline

Education

- Educational Seminars
- Annual Regional Conference
- Speakers Bureau
- Memory Screenings
- In-Service Training
- Quarterly Newsletter
- Resource Library

Advocacy

- The Alzheimer's Alliance works with the Alzheimer's Foundation of America to effect legislation benefiting families dealing with dementia.

Research

- 10% of all memorial donations support research efforts.

Alzheimer's Alliance of Northeast Texas

211 Winchester

Tyler, TX 75701

903.509.8323 • 800.789.0508 • 903.509.8373 fax

www.alzalliance.org

Prevent Wandering



The Alzheimer's Alliance of Northeast Texas is dedicated to supporting those affected by Alzheimer's disease and related dementias.


**Alzheimer's
Alliance**
of Northeast Texas, Inc.

“Unfortunately, the first wandering incident could be the last. Protect your loved one in every way possible.”

Chief J.E. Saunders
Chief Executive Officer
Project Lifesaver International, Chesapeake, VA

Safety is Vital

The fear that an individual with dementia will get lost or incur harm is a real one. Wandering occurs at some point in as many as 60 percent of all cases, most commonly during the middle stage of the disease. This behavior includes attempting to leave, roaming, inappropriate visiting and rummaging.

To ensure safety, individuals should be assessed to determine possible causes of these episodes. Behavioral interventions, medications, or installation of tracking equipment may be necessary.

Tips to Prevent Wandering

- Do not leave a person with dementia unsupervised.
- Outfit the individual with an identification bracelet, and put some form of identification in every jacket, pocketbook or other article.
- Obtain a wristband transmitter from Project Lifesaver International to more quickly locate wanderers.
- Have a current photo and a description readily available, and find out about leaving this information on file at the police department.
- Tell neighbors about the person's condition and make sure they have your phone number.
- Monitor and record the individual's wandering patterns—frequency, duration, time of day, etc.

- Ensure the person is well-fed, well-hydrated and using the bathroom regularly. Some people wander in an effort to fill these needs. Setting a schedule can help maintain these needs.
- Look for changes in patterns. For example, those who begin to wander after a prolonged period in a facility may suffer from a new medical, psychiatric or cognitive complication.
- Consult with a physician to see if medications can help. Individuals who wander as a result of delusions or hallucinations may require medications.
- Set a daily routine that includes recreational activities—music therapy, physical exercise or movies—to lessen boredom, under-stimulation or lack of socialization that prompts wandering.
- Reduce environmental stimuli like loud music or overcrowding that might spark this behavior.
- Secure doors and gates in ways that make them difficult to open.
- Add electronic chimes or buzzers so a caregiver is alerted if the individual attempts to exit.
- Identify bathrooms and other rooms with colorful signs to re-orient individuals.
- Post a large sign that says “Stop” or “Do Not Enter” on exits.
- Place a black mat or paint a black space by an exit, which may appear to be an impassable hole to those with dementia.
- Provide familiar objects, such as family photographs, slippers and a quilt, to an individual living in a long-term-care facility to make it feel like home.
- Put away essential items, such as the person's coat, shoes, pocketbook or keys since some individuals will not go out without certain articles.

- Take note of potentially dangerous areas in your community.

About Driving

In many cases, individuals with Alzheimer's disease or a related illness have become lost while driving a vehicle. Since it can be challenging to locate a person who is driving, driving privileges should be discussed as early as the time of diagnosis. These tips can help you decide how to handle this difficult issue.

- The person with dementia, if competent, should participate in the decision regarding driving restrictions.
- Remember that at some point in the progression of the disease, driving performance errors or risk of wandering will present a safety risk to both the individual and the public.
- If the person is only mildly impaired, privileges can be limited, rather than completely taken away. For example, driving could be limited to the daytime and only with supervision.
- Driving privileges should be withheld completely when the individual poses a serious risk to self or others.
- To encourage acceptance, the individual should be reassured that alternate transportation will be provided as needed.
- When acceptance cannot be reached, it is appropriate for a clinician to order that driving be halted. It may even be necessary in some cases to disable vehicles.

For additional information contact:
Client Services Coordinator
903.509.8323 · 800.789.0508
903.509.8373 fax

Printing of this brochure
provided by:

