

MAC's Smart Aging

Tips and Tricks from the *Caregiver Resource Center*

September 2024



Wandering off is a concern with people with dementia and this month we will be discussing different ideas for tracking devices to help with that. But first I'd like to explain why it's so important for a caregiver to have options in this situation.

The act of wandering off or becoming lost can happen during any stage of dementia. This situation or scenario can be very scary, not only for the person with dementia, but especially for the caregiver.

When someone with dementia wanders off, getting lost is just the beginning of this terrifying experience. With dementia comes confusion, which means the person will not recognize the need to ask for help or come to the realization that they are "lost" and need to be found. This is where options for "tracking devices" come into play.

Smartphones have the option for an app for "find my phone." A caregiver could turn on the app to attempt to find their loved one's phone, ultimately finding them. But the common problem with that is people often forget to carry their phones. Here are some other options that caregivers can use. Apple has "air tags" and Android/Samsung has "moto tags," which are trackers that help find different items that get lost, including people. The new concept is the *Endoto Insoles for Airtag Tracking*, where the airtag is inserted into a shoe insert that's then placed into a person's most worn pair of shoes. The tracker is then hidden and out of sight and if the person wanders off the caregiver can track the person's location.



Assistive Technology is not one size fits all. It is about personal choice and what best fits your loved one's needs.

Give us a call and we will be glad to answer questions about the resources we have. Please call at 410-742-0505, ext 148–Sandra Gay / sgay@macinc.org or ext 146 - Katie Clatterbuck / kclatterbuck@macinc.org

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