Autism Society

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.