

## Strategies for **Medium Risk** of Getting Lost

### **Technology**

- Look into obtaining a locating technology.
  - These devices can be found on the [Finding Your Way®](#) website, or you can use the ones already on your phone (e.g., Find My Friend App, Life360, or Google Maps)

### **Family and Friends**

- Exercise with a partner.
- Walk by yourself and let a family member or friend know that you are going on a walk, as well as where you are going.
- Have someone look out for you.
  - Have a family member or friend check in with you daily if you live alone. For example, a family member or neighbour can message you in the morning and afternoon to see how you are doing.

### **Community**

- Create list of where you used to live/work/frequent and keep list at home.
  - This information can be used for others to find you. People tend to go back to places that are familiar to them. For example, these places can include a grocery store, coffee shop, or library.
- If you live alone and/or are afraid of venturing out for errands, consider using delivery programs and mobile applications for medications and groceries.