

STEADIER GROUND FIELD CARD

Found Disoriented in Public

TRY SAYING

- "You look like you've been walking a while. Want to sit down?"
- "Where are you headed?" (better than "where do you live")
- "What've you got there?"

AVOID SAYING

- "You shouldn't be out here by yourself."
- "Do you know where you are?" It's an exam, and failing it in public ends the conversation.
- Don't name a relative you haven't actually reached.

TO GET A NAME

1. Check for a medical alert bracelet, wallet card, lanyard, or contact note.
2. Ask bystanders which direction they came from, away from the person.
3. Ask about a former address or workplace, not just a current one.
4. Check the vulnerable persons registry and any open missing person report.
5. Get a caregiver on the phone and let them talk to the person directly.

Rule out first: sudden confusion over hours, one-sided weakness, facial droop, head strike, low blood sugar, heat or cold exposure.

Escalate to medical: unknown time outdoors, dehydration, unexplained injury, confusion worsening while you're there.

find steadier ground

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