

Safe & Sound

Dementia and the Herbert Protocol



Do you care for someone living with dementia? To help you minimise the chances of them starting to 'walk about' here are some ideas to prevent this - and how you can help the Police if they do.

- Put signs on their doors informing them that they're not an exit - to discourage them from leaving.
- Consider using pictorial references or signs to identify rooms - black writing on a yellow background has been identified as the easiest to understand.
- Inform their neighbours, friends, local shopkeepers and anyone else who has contact with them that they have a tendency to 'walk about'. Ask them to contact you immediately if they're seen out alone.
- Make sure they carry some form of identification and your details (or details of a neighbour) so someone can be contacted if they get lost. For example, this could be sewn or printed into a coat/jacket or the back of their collar or put into a handbag. Alternatively, they could wear an ID bracelet or necklace.

- Consider using devices which alert you when doors are being opened. This could involve placing bells over door handles or installing door chimes or pressure/ motion sensors.
- Encourage the person you care for to carry a mobile phone with them at all times. If it's switched on and kept inside their pocket, it may help to locate them. Likewise GPS locators can be built into watches or stitched into clothing.
- Consider storing items such as car/house keys and hats and coats out of view as it could reduce their impulse to leave. If they get restless, suggest you take a walk together.

The Herbert Protocol

The Herbert Protocol is a national scheme introduced by Leicestershire Police, designed to reduce the risk to a person with dementia if they go missing. When this happens, it's obviously a very stressful situation for their family, friends and carers, but the scheme will give the Police the best possible chance of finding them as quickly as possible.

How does it work?

The scheme encourages the person with dementia, and the carers and professionals supporting them, to provide vital information by filling in a user-friendly form, with details such as relevant medical information, whether they have access to a mobile phone and/or money, and any places of interest to them. A recent photograph can also be attached to the form.

Once completed, the form can be used as an 'aide memoire' to help the Police if the person with dementia is ever reported missing.

The Police will only ask you for the form in the event the person is reported missing. Please keep it somewhere handy, so it's easily accessible just in case it's ever needed.

To find out more and download a form simply visit the Leicestershire Police website:

<https://leics.police.uk/advice-and-information/victims-witnesses/advice-carers-people-dementia>

SUPPORT FOR CARERS LEICESTERSHIRE
Contact Support For Carers
Call 01858 468543
Email maureen@supportforcarers.org
Visit www.supportforcarers.org

Please note : calls are charged at local rates although calls from mobiles may be higher.

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