

Introducing Safer Walking



This document explains what Safer Walking is and how it can help you.

What is Safer Walking?

- Walking is good for your health. It helps you to stay active.
- Sometimes, people who are walking can get lost. They may know where they want to go but might make a mistake. They could go the wrong way or struggle to find their way back.
- Safer Walking is set up to help people who are at risk of getting lost or going missing.
- If you have a condition that makes it hard to concentrate, remember things or make decisions, Safer Walking might be helpful for you.
- If you are not sure, ask someone you trust if they think Safer Walking might help you.
- Safer Walking helps you and your family feel safe by sharing:
 - Tips to stay safe.
 - What to do if a person goes missing.
 - You can share these tips with a family member or friend, so they know how to help you, or search up the tips on: <https://saferwalking.nz/>
- By following Safer Walking's tips and advice, you can walk safely and stay independent, and your family or friends will know how to support you.

Below is more information about what Safer Walking offers, and some tips for safety.

The Safer Walking Profile Form

- If you are at risk of getting lost or going missing, complete a Safer Walking profile form to help stay safe. [A profile form collects important things about a person, a group, or an item.]
- The profile form will help people know about you, to help find you if you get lost.
- If there is an emergency, your family or carer can give the form to the police and helpers.
- Police and helpers will use the information in the form. It will help them find you more quickly.

The image shows a 'SAFER WALKING PROFILE' form. At the top, it has logos for the New Zealand Police, Safer Walking, and Land Search & Rescue. The form is titled 'SAFER WALKING PROFILE' and 'Profile for the person at risk'. It explains the purpose of the form: to record information about the person you care for, which will be used by the Police and search teams in the event that the person goes missing. It advises that once completed, the form should be kept in a safe place and given to the Police in the event of an emergency. It also notes that recording this information ahead of time and keeping it regularly updated will reduce stress associated with trying to recall detailed information in an emergency situation. A section for 'Background' includes fields for 'First name', 'Last name / family name', 'Known as / nickname', 'First spoken language', 'Mobile phone number', 'Do they have a Wander pendant / GPS tracker? If yes, give details', 'Current address', and 'Living here since'. There are also instructions to 'Please attach a recent photo here' and 'Please find one that is up to date and a good likeness of the person'.

How to complete the Safer Walking Profile Form

Download the form here: saferwalking.nz/safer-walking-profile-form/

Your support worker or a family member can help complete this form for you.

To complete the form, your carer or family member needs your permission.

[Permission means you have said yes, it is okay for someone to do something.]

The form will ask you for:

- Your name
- A current photo of you
- Your address
- Your age and gender
- Information on what you look like
- Your health history
- The places you like to visit

This information helps people know about you or look for you if you go missing. It makes it easier for people to find you. Ask someone you trust if a Safer Walking Profile form might help you.

Looking after the form

The form needs to be saved or stored in a safe place.

Tell your family or caregivers where the form is.

It needs to be in a place where your caregiver or family can find it quickly, so they can give it to the police who may be helping look for you.

Sometimes, you will need to update the form.

Update the form if there is a change to:

- Your name
- The photo of you
- Your address
- Your age and gender
- Information on what you look like
- Your health history
- The places you like to visit

You should fill out the form to help keep you safe.



More tips on how to stay safe

- Have a daily routine
- Tell people where you are going
- Keep a record or a diary of where you are going
- Walk in a group, such as with your friends or family.
- Do things inside, at home, or as part of a group.
- Avoid busy places that are confusing.

How to get more help

Talk to your family or carer about how to stay safe and what tools are available to help you.

Tools include:

- An identification card or bracelet
 - Mobile phone app
 - GPS Tracker
 - Bluetooth device
-
- More information on what tools are available, can be found on the Safer Walking website.
 - Visit saferwalking.nz/getting-help/
 - The Safer Walking team can support you too.
 - Call the team on 03 357 4441,
text and whats app on 0272 822 510
email them at saferwalking@landsar.org.nz

Introducing
Safer Walking

