



# COURSE 1

## MODULE 3 [Wandering]

### CARELINK for People with Dementia (PwD)



# 3. Introduction to Wandering

(from the patient perspective)

# What is Wandering

- In general, wandering means movement away without fixed aim, plan, and destination.
- Wandering is a frequent behavior disorder in People with Dementia. As a result of that, they might forget where they are going, not be able to find their way back home and become lost.



# People at Risk for Wandering

- Wandering is acknowledged as one of the most complex, challenging, and potentially dangerous dementia-related behaviors.
- Anyone who has memory problems and is able to walk is at risk for wandering.
- According to the Alzheimer's Association, 6 in 10 people with dementia will wander at some point.



# Reasons for Wandering



**There are two main potential correlating factors that result in wandering behaviors:**

- 1) *Background factors*: such as, cognitive factors, general health, personal characteristics, and sociodemographic.
- 2) *Proximal factors*: such as, physiological need states, emotions, and social and physical environment.

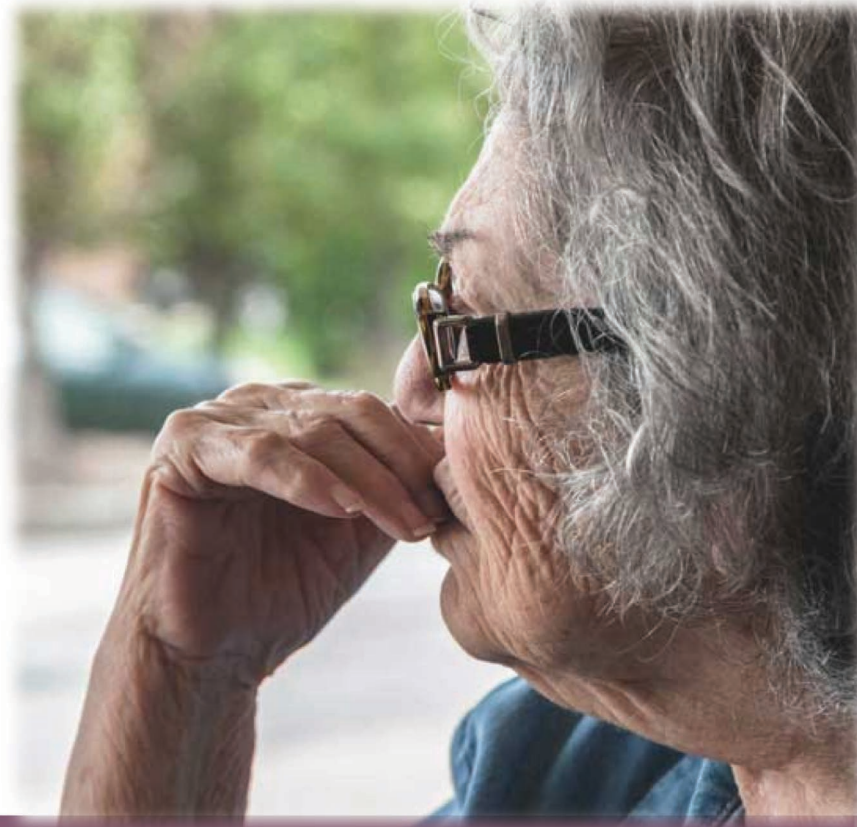


# Reasons for Wandering



**There are other proposed reasons for wondering, including:**

- Loss of memory;
- Excess energy or curiosity;
- Disorientation;
- Searching for the past;
- Expressing boredom;
- Confusing night with day;
- Continuing a habit;
- Agitation;
- Discomfort or pain;
- A job to perform;
- Dreams.





# How to Recognize Wandering Situations

- In long-term care, wandering appears more often in those diagnosed with **Alzheimer's disease** than vascular dementia.
- People with dementia who wander are found to have more **severe cognitive impairment, greater spatial deficits, and socially disruptive behavior.**



# How to Recognize Wandering Situations

**The following signs can be alarm symptoms of wandering in an individual with dementia:**

- 1) Returns from a regular walk or drive later than usual.
- 2) Forgets how to get to familiar places.
- 3) Talks about fulfilling former obligations.
- 4) Tries or wants to "go home," even when at home.





# How to Recognize Wandering Situations

- 5) Is restless, paces or makes repetitive movements.
- 6) Has difficulty locating familiar places like the bathroom.
- 7) Asks the whereabouts of past friends and family.
- 8) Acts as if doing a hobby or chore, but nothing gets done.



# Outcomes of Wandering

- Evidences show that the persons doing the wandering intend to leave their residence and they apt to get lost.
- A number of adverse outcomes are associated with wandering including: earlier institutionalization, sleep disturbance, malnutrition, accidents, injury, and even in some cases, fatalities have resulted.



# How to Deal with Wandering Situations

**There are some strategies that help better dealing with wandering situations:**

- 1) Carry out daily activities and having routine;
- 2) Identify the most likely times of day that wandering may occur;
- 3) Reassure the person if s/he feels lost, abandoned or disoriented;
- 4) Ensure all basic needs are met;
- 5) Avoid busy places that are confusing and can cause disorientation;



# How to Deal with Wandering Situations

- 6) Relocate door locks;
- 7) Provide supervision;
- 8) Keep car keys out of sight;
- 9) Provide a safe place to walk;
- 10) Use assistive technologies.



# Technologies in Support of Wandering

- Several technological systems, including verbal alarm system, mobile locator, project lifesaver, medical alert systems, and wearable technologies are supportive to recognize wandering behavior of people with dementia in both outdoor and indoor environments.
- They can provide both autonomy and safety for patients with wandering.





# References

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