WANDERING
IN DEMENTIA

What is wandering?
• Walking around a lot but going nowhere
• Getting lost
• Restless, can’t sit still
• Wanting to go somewhere they can’t
• Often in the afternoon

Why does it happen?
• Dementia
• Pain
• Sick or infection
• Looking for someone or Country
• Upset or scared
• Toilet problems

What could help?
• Keep respect
• Know their story
• Go to clinic for check up
• Safe place to walk and lots of water
• Place to relax
• Walk and yarn with them
• Shoes to protect feet and ID when walking
• Help them do things they like and know well
• Go back to Country
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