

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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