



TYPES OF WANDERING

<p style="text-align: center;"><u>"Recreational wandering"</u></p> <p>Person may have been active before or may be used to taking walks. Person is usually calm unless stopped, and wandering recurs regularly, seeming to fill a need for exercise.</p>	<p style="text-align: center;"><u>Try...</u></p> <p><i>Scheduled walks planned in a daily routine.</i></p>
<p style="text-align: center;"><u>"Tactile wandering"</u></p> <p>Person may appear blind, calmly feeling the way down hallways, exploring the environment with hands. They frequently just "get lost" by accident.</p>	<p style="text-align: center;"><u>Try...</u></p> <p>Redirect the person from unsafe places. Allow him/her freedom and opportunities to explore safely.</p>
<p style="text-align: center;"><u>"Environmentally cued wandering"</u></p> <p>Although appearing calm, the person may elope on a regular basis, picking up cues from the environment (e.g., seeing a coat, the person may put it on and go outside.)</p>	<p style="text-align: center;"><u>Try...</u></p> <p>Disguise doorways. Put "stop" cues in front of exits (e.g., place a chair there for sitting.) Get the person involved in another activity to distract attention from environmental cues.</p>
<p style="text-align: center;"><u>"Reminiscent/fantasy wandering"</u></p> <p>Person may be calm but wants to leave based on a delusion or fantasy from his/her past. Person will say he is leaving, explaining that he has to go to work or to see his parents or to go home or some other logical yet false reason.</p>	<p style="text-align: center;"><u>Try...</u></p> <p>Redirect activity. Acknowledge the "need" to go and then ask for help to do something that will keep the person from leaving. Gently furnish facts, and then redirect the person.</p>
<p style="text-align: center;"><u>"Agitated/purposeful wandering"</u></p> <p>Person is preoccupied with leaving and may be upset, fearful, agitated and/or exhibit stress. The person may become aggressive or threatening.</p>	<p style="text-align: center;"><u>Try...</u></p> <p>Diffuse the stress and remove stress if possible. Assure safety and security (yours and the wanderer's). Don't confront person, don't tell him "no, you can't". Engage in another activity.</p>
<p style="text-align: center;"><u>"Internally cued wandering"</u></p> <p>A person may feel physically uncomfortable and pace.</p>	<p style="text-align: center;"><u>Try...</u></p> <p>Learn person's normal schedule for hunger, defecation and urination and help the person.</p>

Hall, G.R. 1984. *Standard Care Plan for the Patient with a Dementing Illness*. Iowa city, Iowa: University of Iowa.