

Helping You to Understand Wandering in our Home

There may be people living here who are walking about in what seems to you to be a disorganised way. Sometimes this is called wandering.

You may notice people

- Standing or waiting by the doors
- trying to leave,
- trying to open doors
- looking in other people's rooms
- walking up and down the corridors or around the communal areas a lot

Why might this be happening?

They might be feeling lost

They might feel something is missing and be searching for something or someone

They might not be happy with where they are – it might be too noisy or quiet

They might want some exercise or fresh air, something to drink or eat or be looking for the toilet

You can feel frustrated or upset when other people wander but there are things you can do to help

- Try not to get angry - remember they do not mean you any harm
- Speak to staff about your concerns and how to keep yourself and your belongings safe
- Call a member of staff if you feel that you or anyone else is likely to be distressed or harmed
- Recognise that even if what the person says doesn't make sense to you it does to them so respect the person and their feelings
- If you want to you could walk with them for a while – check with staff where it is safe to go
- If you want to you could befriend them and have a chat
- If you are able, may be join them for a short stroll or walk