

# Helping You Understand Wandering

**There may be patients here who are walking about who (to you) are looking lost or unclear about what they are doing.**

Sometimes this is called wandering. You may notice patients walking around or up and down the ward in a random or disorganised way. Sometimes, a few of these patients try to leave the ward area, they may try door handles or look inside rooms or start looking in other people's bedside areas or their rooms.

## **Why this may be happening?**

They might be feeling lost

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

They might not be happy with where they are - it might be too noisy or feel unfriendly

They do not recognise they are in hospital and wonder where they are or what is going on

They might want some exercise or fresh air, something to drink or eat or they might be in pain.

**You can sometimes 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 and are not wandering to deliberately annoy you
- Speak to staff about your concerns and how to keep yourself and belongings safe
- Call a member of staff if you feel that you or anyone else is going to be harmed
- If you want to, you could befriend the person and talk to them
- If you are able, you can accompany the person for a short walk

**If you or your family/visitors have any concerns or questions please talk to a member of staff**