

**[UK Wandering Network \(UKWN\)](#)**  
Workshop – 07 October 2005, Belfast

Summary of Practitioners Discussion Points on Wandering

Suggested purposes for the Network (over and above those already listed)

- Addressing issues of knowledge and skills
- Promoting development of training resources
- Challenging the view that “*wanderers are a nuisance*”
- Looking at staffs fears around safety, perceptions of imagined and real risk
- Addressing anxiety and responses in carers and families
- Exploring the impact wandering has on other patients

Discussion Points from the Case Study Presentation (Rehabilitation Unit for Older People)

**Note:** See [power point slides](#) for outline of case study

Responding to wandering would include;

- Developing values and beliefs that promote person-centred care
  - Biographical assessment
  - Life history work
  - Include families
  - Explicit discussion of patient’s human rights
- Staff education
  - Learning needs analysis based on staffs stated needs observation of practice and review of incidents
  - Include all ward team and be multi-professional
  - Be on-going and reviewed regularly
- Managing changes in the environment
  - Introduction of assistive technology
  - Design of environment to take emphasis away from doors and exits
  - Managing noise and lighting to reduce excessive stimulation
  - Periods of activity alternated with periods of rest and relaxation
  - Protected meal times and rest times
  - Improved assessment and management of pain and discomfort

- Working in partnership  
Involving relatives with planning of visiting around trigger times  
Develop input from voluntary services – befriending
  
- Therapies  
Physiotherapy  
Occupational therapy  
Complementary therapies  
Refer to specialist practitioners and services sooner rather than later
  
- Organisation of care  
Change work patterns to suit demand (eg in evenings)  
Manage staff break times around patient needs  
Risk management approaches to be flexible according to each patient

Other points that were considered included:

- Distraction techniques to stop people leaving the environment
- Issues of wandering in peoples own homes
- Strategies for lay carers
- Sterling Dementia Centre has produced a report on wandering
- Need more assessment tools and methods
- Look at how we create therapeutic environments (indoors and outdoors)
- Need more journal publications on wandering
- The means to share good practice

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**Next workshop – 20 March 2006** in Bristol (exact time and location TBA)

For further information please visit – [UK Wandering Network](#)

( <http://www.wanderingnetwork.co.uk> )

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