

## Wanders/Gets Lost

<p><b><u>I</u>dentify the Problem</b></p>	<p><b><u>PROBLEM:</u></b> Wanders/Gets Lost</p> <p><b><u>GOAL/EXPECTED OUTCOME:</u></b> To reduce wandering through non-pharmacological approaches</p>
<p><b><u>E</u>xplore</b></p>	<p><b><u>ASSESS FURTHER:</u></b></p> <p><b>Understand the possible triggers of the problem:</b></p> <ul style="list-style-type: none"> <li>• Has the person recently moved to an unfamiliar place?</li> <li>• Is the person trying to go somewhere like work, church, or home?</li> <li>• Does the wandering happen around the same time every day?</li> <li>• Is the person trying to meet a basic need, such as hunger or thirst?</li> <li>• Is the person searching for the bathroom?</li> <li>• Is the person bored?</li> <li>• Is the person trying to get away from too much noise or an unpleasant activity?</li> </ul> <p><b>Understand the possible meaning of the problem to the person with Alzheimer's:</b></p> <ul style="list-style-type: none"> <li>• Does the person feel lost and scared? Is he/she looking for home?</li> <li>• Is the person confused by his/her surroundings?</li> <li>• Is the person experiencing anxiety from too much stimulation/noise?</li> </ul> <p><b>Understand the possible meaning of the problem to the caregiver:</b></p> <ul style="list-style-type: none"> <li>• Does the caregiver feel frustrated?</li> <li>• Is the caregiver scared for the person's safety?</li> </ul>
<p><b><u>A</u>just</b></p> <p>Problem solve with interventions and actions</p>	<p><b><u>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</u></b></p> <ul style="list-style-type: none"> <li>• Be prepared:             <ul style="list-style-type: none"> <li>○ Don't leave the person alone near an unlocked door</li> <li>○ Get a Medic Alert + Safe Return® bracelet for the person</li> <li>○ Sew or write the person's name and your phone number onto clothing</li> <li>○ If the person is looking to fulfill a basic need, such as toileting, hunger, or thirst, guide the person</li> <li>○ In the early stages, cues such as signs or pictures can be placed on things such as the bathroom door so the person can more easily find things</li> <li>○ Put away items, such as coats, purses, or keys that might make the person think about leaving</li> <li>○ Cover doors/exits so they are less visible</li> <li>○ Close curtains so the person does not think about going outside</li> <li>○ Ask your neighbors to keep an eye out for the person wandering outside alone</li> <li>○ Encourage physical activity to reduce restlessness</li> </ul> </li> <li>• Make the home safe:             <ul style="list-style-type: none"> <li>○ Put child-proof locks on doors, gates, and windows</li> <li>○ Place locks very high or low so the person can't see or reach the locks</li> <li>○ Place a bell on doors, gates, or windows so you know if they are opened</li> </ul> </li> <li>• Provide a distraction:</li> </ul>

	<ul style="list-style-type: none"> <li>○ Use positive words when you are redirecting the person. Try not to say “No, Don’t, Can’t, Should Not...” Try saying, “Let’s do this first,” “Wouldn’t it be fun to...” “What if we...”</li> <li>○ Plan activities during the time of day that the person wanders most</li> <li>○ Offer the person something he/she likes to eat</li> <li>○ Ask the person for his/her help with an activity, such as folding laundry or setting the table</li> <li>○ Sit quietly with the person and listen to music or watch TV</li> </ul>
	<p><b><u>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</u></b></p> <ul style="list-style-type: none"> <li>• Listen empathically to caregiver and evaluate for level of distress</li> <li>• Refer to Alzheimer’s Los Angeles for support groups, disease education, and care consultation               <ul style="list-style-type: none"> <li>○ ALZ Direct Connect® referral</li> <li>○ Provide Helpline #: 844.HELP.ALZ   844.435.7259</li> <li>○ Website: <a href="http://www.alzheimersla.org">www.alzheimersla.org</a></li> </ul> </li> <li>• Send literature:               <ul style="list-style-type: none"> <li>○ Caregiver Tip Sheet – “Getting Lost” (English and Spanish)</li> </ul> </li> </ul>
	<p><b><u>FOLLOW UP:</u></b></p> <ul style="list-style-type: none"> <li>○ Schedule a phone call with caregiver to discuss outcomes and provide additional support</li> </ul>
	<p><b><u>NOTES:</u></b></p> <hr/> <hr/> <hr/> <hr/>