



## **WANDERING/PACING :MANAGEMENT STRATEGIES**

**The following interventions may help with a particular patient who wanders or paces.**

- 1. Walk or exercise the patient several times a day on a scheduled basis. Not only may this lower the need to wander or pace, but regular walking will maintain the strength of the patient. Scheduled walking or lower body exercise helps make wandering or pacing physically safer while providing an outlet for the residents need to ambulate**
- 2. Provide a controlled place to wander to allow the resident to lower anxiety or meet a need to be active. Establish an area to ambulate that ensures resident safety.**
- 3. Redirect the resident towards enhanced environments, like aquariums, bird enclosures, atriums or areas that allow the resident to be involved in activities, even as a spectator.**
- 4. Involve in activities. Repetitive simple tasks, such as folding towels or polishing silverware, are helpful. Sing-a-longs and other more active interventions help maintain the interest of the resident and redirect their energies from wandering or pacing.**
- 5. Use a simulated presence videotape or DVD. This is a ten-minute production of family or friends recounting recent or remote stories about the patient's life.**
- 6. Offer food to the wandering resident. Hunger can stimulate wandering.**
- 7. Develop elopement prevention strategies for your facility.**

Developed by Thomas Magnuson, MD, Brenda K. Keller, MD, CMD for the Nebraska Geriatrics Education Center, 2009. For additional tip sheets go to our website at: <http://app1.unmc.edu/intmed/geriatrics/index.cfm?conref=104>

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