

20 Questions

to Ask Yourself About “Wandering”

1. How many times a day do you get up from what you are doing?
2. How many times a day/week/month do you leave the confines of your living space to go out for whatever reason (e.g. put the garbage, go shopping, go for a walk, go to a movie, go out to eat, visit a friend, go to the corner store, etc.)?
3. Have you ever misplaced something in your home, and spent a good amount of time going from room to room looking for it in places you think it might be?
4. Did you ever get lost in the woods or in any other unfamiliar environment as a child? Have you ever gotten lost while walking or driving?
5. Were you ever separated from your parents during an outing in an unfamiliar environment? How did you feel? What did you do?
6. Have you ever gone sightseeing? Have you ever explored an unfamiliar environment?
7. Can you imagine never leaving your room, apartment, or house ever again?
8. How would you find your way to a destination without maps, reference points, access to GPS, a phone, a compass, or any other navigation tools?
9. Do you ever go somewhere (to another room for example) to get something or do something and then when you get there, you find you have forgotten why you're there?
10. Have you ever gone out for a walk without a destination?
11. If you had a pet and you couldn't find it in the house, would you go outside to look for it?
12. If you woke up alone in a strange place what would you do?
13. Have you ever been locked in a room, hallway or house and told you could never leave?
14. Do you ever walk alone? Why? Do you enjoy it? How would you react if you were told you weren't allowed to walk alone? Ever?
15. If you were told to stay in a strange place, full of people you didn't know, and you had no way to contact your family or friends to tell them where you were, how would you react?
16. Might you get up and leave if you found yourself in an environment in which you were uncomfortable? How would you feel if you were told you had to remain?
17. If you were being help prisoner, would you try to escape?
18. What are the benefits of exercise? What is the best form of exercise regardless of age?
19. Why are the normal activities of walking, exploring, searching, and becoming lost thought to be pathological and labeled as “wandering” if you live with dementia?
20. If you were made to sit in a chair with nothing to do for long periods of time, might you become restless, want to get up or start to fidget?