**Wandering**
May occur in indoor residential or commercial environments as well as outdoor areas with or without secured perimeter

**Look for patterns, time of day/Sundowning**
Common triggers include:
- Boredom
- Lack of physical activity
- Searching for familiar/home
- Dietary factors: sugar/caffeine
- Medical factors: pain/constipation
- Psychiatric issues: anxiety/mania

**EMPLOY APPROPRIATE BEHAVIORAL AND SAFETY STRATEGIES. IF BEHAVIORAL INTERVENTIONS DO NOT RESOLVE BEHAVIORS: MEDICATION MAY BE NEEDED**
Mania - may need pharmacologic treatment: anti psychotics or mood stabilizers*

**If wandering persists, look for other underlying causes**
- *If patient stable 3-6 months, and psychotropic medication has been required, initiate a cautious incremental reduction and monitor patient closely
- If intervention not effective or if patient or caregiver are in danger, consider referring to neurologist or psychiatrist

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**DICE APPROACH FOR WANDERING**

| DESCRIBE | Wandering  
May occur in indoor residential or commercial environments as well as outdoor areas with or without secured perimeter |
|---------|------------------------------------------------|
| INVESTIGATE (ASSESS) | Look for patterns, time of day/Sundowning  
Common triggers include:  
- Boredom  
- Lack of physical activity  
- Searching for familiar/home  
- Dietary factors: sugar/caffeine  
- Medical factors: pain/constipation  
- Psychiatric issues: anxiety/mania |
| CREATE (TREATMENT) | EMPLOY APPROPRIATE BEHAVIORAL AND SAFETY STRATEGIES. IF BEHAVIORAL INTERVENTIONS DO NOT RESOLVE BEHAVIORS: MEDICATION MAY BE NEEDED  
Mania - may need pharmacologic treatment: anti psychotics or mood stabilizers* |
| EVALUATE (AND RE-EVALUATE) | If wandering persists, look for other underlying causes  
- *If patient stable 3-6 months, and psychotropic medication has been required, initiate a cautious incremental reduction and monitor patient closely  
- If intervention not effective or if patient or caregiver are in danger, consider referring to neurologist or psychiatrist |

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*THE ALZHEIMER’S PROJECT*