

How to Prevent Night Time Wandering in People With Dementia

Wandering can be a worrying and difficult behavior for both caregivers and their loved ones with dementia. It is estimated that six out of ten people with dementia wander or get lost at least once.

The onset of Alzheimer's disease can cause a person with dementia to lose directional awareness and become confused or disoriented. As a result, they may forget where they are, or even try to leave the house.

Some patients also experience a common phenomenon called sundowners syndrome, which causes them to lose track of time and their location. This symptom can lead to night time wandering and make your loved one more likely to go missing.

A good way to avoid this is by making sure that your loved one's basic needs are met. They should have access to food, water, and a toilet at all times.

Keep all doors and windows clearly marked with a name and purpose. This will help the person remember their way to each room in case they are disoriented and need assistance.

Make the home a safe place to be by installing alarms and locks on all rooms that could trigger a senior's wandering instinct. These alarms can notify you of a wandering incident by sounds or motion-sensing technology.

Dress your loved one in bright, visible clothing that is easy to spot. Fall Detection Devices This will give them an incentive to stay in their own home longer and can stop them from straying away.