

Health and Self-Esteem

N. NEUBAUER, P. AZAD-KHANEHGAH, L. LIU. *What do we know about strategies to manage dementia-related wandering? A scoping review. Gerontechnology 2018;17(Suppl):170s; https://doi.org/10.4017/gt.2018.17.s.165.00*

Purpose Wandering is a common behaviour among older adults with dementia. It is estimated that three out of five persons with dementia will wander and become lost¹, raising concern as to how it can be managed effectively. Wander management strategies comprise of a diverse range of interventions for different environments, such as visual barriers when inside a home², locating technologies when an individual has left the home³, and identification bracelets⁴ when found by first responders. While interventions may help in the management of wandering, no review has done an exhaustive search on what types of high and low technological solutions are being used to reduce the risks of wandering. Therefore, the purpose of this review was to examine the range and extent of high and low tech strategies used to manage wandering behaviour in persons with dementia. **Method** Using a modification of Arksey and O'Malley's (2005)⁵ methodology, articles were identified through searches of six databases, and were included if they addressed: wandering in older adults and wander-management strategies used in home or supportive care environments for older adults living with dementia regardless of the make or type of intervention used. Strategies could be lower or higher complexity, and supported independence and considered adverse outcomes associated with wandering. **Results & Discussion** The literature described 119 articles and 129 commercial products. Strategies were derived from 17 countries, with the majority being from the United States (58%), United Kingdom (10%) and Canada (8%). High tech interventions were more common in the literature (57%) than low tech solutions (43%) revealing the growing popularity of high technological solutions to manage wandering. High tech strategies ranged from commercial home alarm and monitoring products to mobile locator devices, whereas low tech strategies ranged from signage, traditional locks and camouflaged exit doors, to exercise, music and distraction therapies. While effectiveness of 49 interventions and usability of 13 interventions were clinically tested, most were only evaluated in institutional or laboratory settings, few addressed ethical issues, and the overall level of scientific evidence from these outcomes was low. Therefore, more rigorous research is required to demonstrate the efficacy of these wander-management strategies and their feasibility in community-dwelling environments.

References

1. Alzheimer Association. Alzheimer's Disease Facts and Figures; 2016. Available from: <http://www.alz.org/facts/>
2. Kincaid C, Peacock JR. Effect of a wall mural on decreasing four types of door-testing behaviours. *Journal of Applied Gerontology* 2003; 22(1):76-88
3. Altus DE, Mathews RM, Xaverius PK, Engelman KK, Nolan BA. Evaluating an electronic monitoring system for people who wander. *American Journal of Alzheimers Disease and Other Dementias* 2000;15(2): 121-125
4. Yung-Ching C, Leung C. Exploring functions of the lost seeking devices for people with dementia. *Work* 2012;41(1): 3093-3100
5. Arksey H, O'Malley L. Scoping studies: towards a methodological framework. *International Journal of Research Methodology: Theory & Practice* 2005;8:19-32

Keywords: dementia, wandering, older adults, management strategies

Address: Department of Occupational Therapy, University of Alberta, Canada;

E: noelanna@ualberta.ca

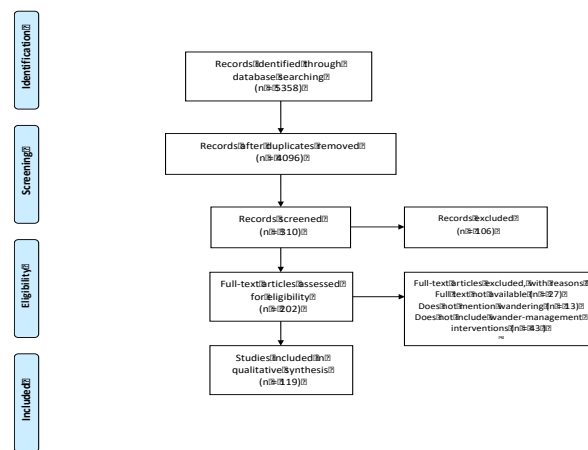


Figure 1. Scholarly reviewed literature article results