

COVID-19 Long Term Care Orientation for Redeployed Healthcare Workers

Understanding and Supporting Residents who Wander



THANKYOU FOR SUPPORTING TEAMS IN LONG TERM
CARE IN CARING FOR THE RESIDENTS DURING THE
PANDEMIC!

The PRCP would like to acknowledge the contribution of the Toronto Central BSO Coordinating Office, LTC BSOT and TC / C-LHIN BSO Leads in developing this curriculum.

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Housekeeping

- Slide deck and tip sheet will be shared with you shortly following the training
- This webinar will be recorded and posted on the RGP Toronto YouTube channel
- Please type your questions related to the content into the chat. There will be opportunity for Q&A at the end of the webinar.

Goals for today

- Review the concept of responsive behaviors
- Explore possible reasons for residents to wander
- Consider ways to support a resident who is wandering

Getting to know you

All behaviour has meaning

- In dementia care behaviours are viewed as responses to unmet needs
- A large percentage of those with dementia living in LTC will have some form of responsive behaviour
- All behaviour has meaning is a guiding principle to remind us there is a reason for the behaviour
- This work can be time consuming and resource intensive however can be quite rewarding when we discover the meaning and address the needs

What are some possible reasons for residents to wander?

www.menti.com and enter code 929995

Common reasons for residents to wander

Hunger

Thirst

Pain

Boredom

Toileting

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Exploring Possible Reasons for Wandering

Reasons

- Could the person be **hungry** or **thirsty**?
- Does the person need to use the **washroom**?

Ways to Support

"Are you looking for something to eat? I can get you lunch" or "Let's go to your room and I will get you a nice cup of coffee"

- Offer food/beverages often

"Are you looking for the washroom? I would be happy to show you where it is."

- Ensure bathroom door is open and lights are on so the visual cues match your message

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Exploring Possible Reasons for Wandering

Reasons

- Could the person be in **pain**?
- Is the person **under-stimulated/bored**?

Ways to Support

"Do you have pain?" or "Are you hurting?"

- Consult the care plan and the care team
- Look for the non-verbal messages

"I was looking for you! Would you like to..."

- In the moment, look for ideas in their room of what is meaningful to them

Other possible reasons for wandering

- Loneliness
- Staff noise levels
- Environment of resident's room
- Shift change
- Life story

Supportive interaction strategies

- Introduce yourself and try to get at the person's eye level from a safe distance (your arm length plus their arm length)
- Be aware that the person may have visual or hearing impairments
- If you see clues the person is getting upset, consider stopping what you are doing and stepping away
- Avoid correcting mistakes or telling them they are wrong, e.g.:
 - "Don't go there, that's not your room!"
 - "Stay in your room!"
 - "You can't leave your room!"

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Behavioural supports in a Long Term Care setting

- Most LTC homes have a Behavioural Support Lead
- These leads are responsible for managing behaviours within the home and developing behavioural care plans
- As a part of support for behaviours in LTC, homes have access to various external supports:
 - Geriatric Mental Health Outreach Team (GMHOT)/Psychogeriatric Outreach Program (POP Team)
 - Psychogeriatric Resource Consultant (PRC)
 - Other external behavioural supports (Varies by LHIN)

Please talk with your host organization to find out more about specific supports

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Resources

- <http://www.rgptoronto.ca/resources/covid-19/>
- <http://www.covidcarelearning.ca>
- <https://brainxchange.ca/COVID-19.aspx>
- <https://www.rgptoronto.ca/wp-content/uploads/2020/04/FINAL-COVID-19-BSO-RGP-Wandering-Guidelines-2020-04-14-1.pdf>
- [Bit.ly/dementiatoolkit](https://bit.ly/dementiatoolkit)

Thank you

1. Was this helpful?
2. Are there other topics you would like to see?