

### Activity

Complete this short quiz by ticking YES or NO for each question:

1. Have you ever got lost?  
YES NO
2. Have you ever gone to get something and then forgotten what it was?  
YES NO
3. Have you ever tripped over?  
YES NO
4. Have you ever bumped into anything?  
YES NO
5. Have you ever felt restless and needed to move around?  
YES NO
6. Have you ever longed to get out when you had to spend the day indoors?  
YES NO
7. Have you ever felt fidgety?  
YES NO
8. Have you ever found that moving around helps to ease an ache or pain?  
YES NO
9. Do you go out of your house almost every day?  
YES NO
10. When you're at home do you ever 'potter about'?  
YES NO

What does this tell us about why people with dementia might walk?