



## WHY DOES THIS HAPPEN?

*People with Alzheimer's or dementia might be:*

- having problems remembering what they just said or what just happened
- repeating questions or stories because they feel nervous or afraid
- having trouble saying what they need or want

# Repeating

People with Alzheimer's or dementia often ask questions or tell stories over and over. While frustrating, it is not harmful. They are not doing this on purpose. This behavior is caused by changes in the brain.

## WHAT CAN YOU DO?

### Think About Why

- new place? new people? somewhere they find scary?
- they forget that the question was asked and/or answered
- they want your attention... to feel a connection with you
- maybe they are trying to tell you about a need... hunger, concern about someone or something, urge to go to the bathroom

### Accept the Behavior

- stay calm and be patient, they *can't* change so you will need to
- don't argue or try to correct them
- breathe... and remember the disease is the reason
- calmly answer the question every time it's asked
- smile at the story every time it's told

### Try Reminders

- use clocks or photos of items or objects to help with questions that are repeated
- post notes or a daily schedule in a place they often look
- get a big "white board" so you can write and erase information as needed

### Ways to Help

- listen to music, watch TV, take a walk, or find something they like to do to get their mind on something else
- think first about how they are feeling and remind yourself it's not their fault
- wait until just beforehand to tell them about things that make them nervous like doctor's visits, bathing, or going out
- if you are tired and might react, and they are safe, go to another room for a bit to breathe

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