



Florida REACH Project

Resources for Enhancing Alzheimer's Caregiver Health

Prescription for Repetitive Questions

Specific Behavior:

Overall Goal of this Prescription:

Please remember that dealing with challenging behaviors can be stressful. The brief relaxation strategies will help you deal with stress when dealing with this challenge. In particular, we recommend using the signal breath technique immediately before you use the strategies suggested in this behavioral prescription.

Strategies for preventing frequent repetition (try picking one thing and sticking with it for a few weeks):

1. **Distract your loved one from whatever may be triggering the question.** For example, make his/her favorite snack; involve your loved one in a pleasant event or conversation. Remember that someone with memory problems cannot remember having made these statements or asking the questions.
2. **Remove items (mirror, remote control, picture, etc.) that may be triggering repetitive questions.**
3. **Keeping your loved one busy and active may help prevent her from asking repetitive questions.** Boredom can sometimes trigger this behavior. Create a schedule of activities during the day.
4. **Use humor.** Humor is a very effective form of gentle distraction. Focus the source of humor onto yourself or a situation so as not to hurt your loved one's feelings if he/she cannot fully comprehend the meaning of your wit.

Other strategies:



Strategies for guiding how you respond during or after the repetitive questions.

1. **Keep a running record of what works and what doesn't work.** This may help you focus in on an object, or event that is triggering these questions.
2. **Try to stay calm, and be patient with yourself.** Repetitive questioning can be very frustrating for you.
3. **Ignore the repetitive questions.**
4. **If questions center around the day or date, refer him/her to the calendar or a memory board with the day & date posted.**
5. **A memory board can also be used to post information about appointments, or your whereabouts and time of return.** Refer your loved one to the memory board instead of answering the question.
6. **Write the answer to questions on an index card that your loved one can hold onto or place in a pocket.** Refer to the card in response to the question.

Other strategies:

General Information:

You are a dedicated caregiver and you are doing a great job. We understand that this can be very upsetting to you and are committed to helping you with this challenge. We believe these strategies will help and look forward to working with you in the coming weeks.

Remember that you can reach out to the social workers on your team if you have any questions or concerns.