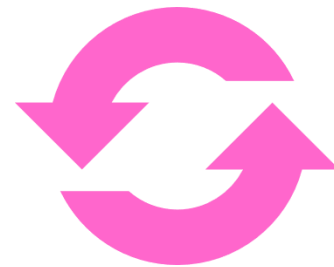




# MAJOR NEUROCOGNITIVE DISORDERS: DEMENTIA

## Programme régional ambulatoire de gériatrie (PRAG)

### REPETITIVE BEHAVIORS



#### WHAT ARE THESE BEHAVIORS?

As the dementia progresses, the loss of memory prevents the person from remembering that they have already asked the question or completed the activity. The person then begins to repeat certain behaviours. This may include repeating:

- ❖ Words or phrases
- ❖ Sounds or humming
- ❖ Questions
- ❖ Actions (opening and closing drawers)



## WHAT ARE THE POSSIBLE CAUSES?

Some causes can be identified in the environment or within the person directly. When your loved one acts this way, they may be trying to communicate with you through their behaviour to indicate that something is wrong. For example: when your loved one keeps asking, "What time is lunch?" they may be hungry.

For example, it is possible to observe:

- ❖ If they are hungry or thirsty or need to go to the bathroom.
- ❖ If they are in pain or discomfort.
- ❖ If they are tired or bored.
- ❖ If they are anxious, angry or sad.
- ❖ If there is too much stimulation in the environment.



## HOW TO PREVENT THE BEHAVIORS?

**First, take a moment to review the document  
"The Adapted Approach"**

- ❖ Arrange the environment to increase your loved one's independence and prevent repetitive questions
- ❖ Hang up a calendar and cross out the days as you go.
- ❖ Make sure the time is clearly visible. Digital time (with numbers) may be easier to read than analog time (with hands).
- ❖ Write your loved one's daily schedule on a small whiteboard.
- ❖ Make snacks and drinks available (a glass of water labeled with the person's name, a basket of fruit, granola bars, nuts, etc.).



## HOW TO RESPOND?

- ❖ If you are able to identify what the person is trying to communicate to you through their behaviour (hunger, fatigue, boredom, fears, sadness, etc.), respond to that need as best you can.
- ❖ Do not remind the person that they have already asked the question. This may confront the person with their memory loss and cause embarrassment and/or anxiety.
- ❖ Create a diversion by offering a drink, snack or activity. Repetitive activities (folding towels, dusting, walking) are good ways to redirect your loved one's attention and energy.
- ❖ Remain calm even though these behaviours can be exhausting. If necessary, call someone to support you.

**In the event that your loved one exhibits behaviors that concern you, do not hesitate to contact:**

- **Info-Santé/Info-Social 811**
- **Your assigned worker at the CLSC**
- **Discussion with the health care team**
- **A doctor**

**The proposed strategies are suggestions for possible solutions to explore. Be creative and adapt them to your loved one, because you know your loved one the best!**

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En collaboration avec l'équipe professionnelle PRAG et une proche aidante

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Alzheimer society (2019). Repetitive Behaviors. Repéré à <https://alzheimer.ca/en/bc/Living-with-dementia/Caring-for-someone/Understanding-symptoms/Repetitive-behaviours>

Phaneuf, M. (2007). *Le vieillissement perturbé : La maladie d'Alzheimer* (2<sup>e</sup> édition). Montréal, Canada : Chenelière Éducation.

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