



## Understanding the Behaviors Often Associated with Alzheimer's and Dementia

Part 6 of a 10 Part Series

Repetition & Alzheimer's

**A person with Alzheimer's may do or say something over and over** - like repeating a word, question or activity - or undo something that has just been finished. In most cases, he or she is probably looking for comfort, security and familiarity.

- [Causes](#)
- [How to respond](#)



## Causes

### Repetitive actions are rarely harmful.

But repetition can be stressful for the caregiver. Remember that it is the disease causing the behavior, not the person.

The main cause of behavioral symptoms in Alzheimer's and other progressive dementias is the [deterioration of brain cells](#) which causes a decline in the individual's ability to make sense of the world. In the case of repetition, the person may not remember that she or he has just asked a question or completed a task. Environmental influences also can cause symptoms or make them worse. People with dementia who ask questions repeatedly may be trying to express a specific concern, ask for help, or cope with frustration, anxiety or insecurity. Because people with Alzheimer's gradually lose the ability to communicate, it's important to regularly monitor their comfort and anticipate their needs.

#### LEARN MORE:

▪ [Communication Tips](#) ▪ [Behaviors Brochure](#) PDF)

## How to respond

### Caregiver Stress Check



Alzheimer caregivers frequently report high levels of stress. [Take our quiz](#) and get resources to help.

- **Look for a reason behind the repetition.**  
Does the repetition occur around certain people or surroundings, or at a certain time of day? Is the person trying to communicate something?

- **Focus on the emotion, not the behavior.**  
Rather than reacting to what the person is doing, think about how he or she is feeling.
- **Turn the action or behavior into an activity.**  
If the person is rubbing his or her hand across the table, provide a cloth and ask for help with dusting.
- **Stay calm, and be patient.**  
Reassure the person with a calm voice and gentle touch. Don't argue or try to use logic; Alzheimer's affects memory, and the person may not remember he/she asked the question already.
- **Provide an answer.**  
Give the person the answer that he or she is looking for, even if you have to repeat it several times. If the person with dementia is still able to read and comprehend, it may help to write it down and post it in a prominent location.
- **Engage the person in an activity.**  
The individual may simply be bored and need something to do. Provide structure and engage the person in a pleasant activity.
- **Use memory aids.**  
If the person asks the same questions over and over again, offer reminders by using notes, clocks, calendars or photographs, if these items are still meaningful.
- **Accept the behavior, and work with it.**  
If it isn't harmful, don't worry about it. Find ways to work with it.
- **Share your experience with others.**  
Join [ALZConnected](#), our online support community and message boards, and share what response strategies have worked for you and get more ideas from other caregivers.

### **Sign up for our weekly e-newsletter**

Receive information and coping tips on behaviors associated with Alzheimer's. Plus get updates on advances in Alzheimer's treatments, care and research. [Subscribe now.](#)

Read more: <http://alz.org/care/alzheimers-dementia-repetition.asp#ixzz3Q1UEB5t9>



Our Super Seniors engage in daily activities at each location and who may also attend various planned, community outings throughout the month.

Our in-home activities range from arts and crafts, games, exercise, gardening, cooking, baking, armchair "traveling," social circles,

Our outings vary from trips to the mall, local museums, zoo, botanical gardens, senior centers and movies just to name a few. Outings are scheduled in advance and based on space availability. If you are interested in your loved one being part of the Super Seniors Group, please contact Tracy at [tayers.apal@gmail.com](mailto:tayers.apal@gmail.com)

Our SUPER SENIORS are  
Able to leap tall buildings in  
a single bound...ok, maybe  
not tall buildings, but we  
do....

GOLF

KARAOKE

Dance

Bake

EXERCISE

PAINT

Bowl

Draw





*We Party  
Like It's  
1950!*





*We Sing and Dance!*





## Preferred Assisted Living Goes "Round and Round"..... at the Round House That Is!

It's that time again! The Legislative Session in New Mexico runs from January 20th - March 21st. Preferred Assisted Living was there on January 27th to show our support for the numerous bills being introduced that affect NM Seniors.

**alz.org**<sup>®</sup> | alzheimer's  association<sup>®</sup>

Savvy Caregiver Educational Series

Our Las Cruces Administrator, Jill Shannon, will be co-teaching the seven week, evidence-based class that helps family caregivers increase their skills and decrease their stress.

Research has shown that caring for a person with Alzheimer's disease or other dementia is different than caring for a person with another chronic condition. On average, the care lasts longer, and is more stressful. This class aims to equip caregivers with the skills to maintain good quality of life for themselves and their loved-ones. The class is offered free-of-charge to family caregivers throughout the state.

The class is scheduled from March 6th - April 17th in Las Cruces.

To register for this class, or a class in another area of the state, call 800-272-3900.

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*Join Us Each Month for a "Sweet Moment"  
with Your Loved One!*

*Friday, February 13th*

*All Locations*

*1:00pm*



*We will be "Armchair Traveling" to New Orleans  
this month to celebrate:*



February Training

## Caring for Persons with Lung Disease

This training explores the daily challenges faced when caring for someone with COPD and other forms of lung disease. The story is told directly from the viewpoint of a person with lung disease,

sharing tips and techniques for effective care measures.

## First Aid

This course trains the participant in basic first aid to help him/her gain the knowledge and skills necessary to manage a medical emergency until more advanced medical help arrives.

Participants will learn legal considerations, disease precautions, and how to perform a resident assessment. The identification and first aid concerns of the common emergency conditions are discussed. Participants will learn first aid procedures for a wide range of conditions including: bleeding, shock, wounds, burns, bites, stings, sudden illnesses; heat and cold related emergencies; and several types of injuries to the head, chest, abdomen, bones, and muscles.

We feel very strongly that your opinion matters and if there is a certain topic you would like to see our staff have additional training on, please feel free to contact Tracy at [tayers.apal@gmail.com](mailto:tayers.apal@gmail.com) and she will be happy to organize this!



# Laughter is the BEST medicine.

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**Preferred  
Locations**

**Specializing in Care for Dementia and Alzheimer's**

Casa Bella - 15 Beds - 2919 Spitz St. Las Cruces  
Casa Bella Independent Living - 2 Bedroom Independent Living Apartments - 2915 Spitz - Las Cruces  
Casa del Norte - 8 Beds - 3200 Candlelight Dr., NE Albuquerque  
Robin House - 10 Beds - 9909 Robin Ave. NE Albuquerque  
Tender Heart - 14 Beds - 4308 Tulane Dr., NE Albuquerque  
Vista Sandia - 8 Beds - 8604 Camino Osito, NE Albuquerque  
West Ridge Village - 14 Beds - 3130 Vista Grande, NW Albuquerque

Willow Wood - 8 Beds - 1008 Chiricahua, SE, Albuquerque

To view photos of our homes and read more about us, visit us at:

[Preferred Assisted Living Website](#)

For Information on Availability or to Schedule a Personal Tour, Contact:

Chris Anaya - 505-884-3830 (Albuquerque)

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Jill Shannon - 575-642-8787 (Las Cruces)

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