



**NO PLACE
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SENIOR SERVICES

Contact Us For Help

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Strategies for Handling Repeated Questions with Dementia

Caring for a loved one who asks the same questions again and again can be one of the hardest parts of dementia caregiving. Maybe your mom asks what day it is ten times before lunch, or your dad wonders when dinner will be even though he just finished a meal. While this repetition is a normal part of dementia, it can leave caregivers feeling exhausted, frustrated, or even guilty for losing patience.

At No Place Like Home Senior Services, we know how heavy these moments can feel. It's important to remember that repetition is a symptom of dementia, not a choice. It can shift the way you respond, helping both you and your loved one find more peace in daily caregiving.

What Causes Repetitive Questions?

Dementia affects short-term memory, which makes it hard for your loved one to hold on to recent conversations or events. Repeating the same question is often their way of easing uncertainty, finding reassurance, or filling in missing pieces of information. While it may feel repetitive or even frustrating to you, to them, each question can feel brand new.

Strategies for Caregivers

Respond with Patience and Reassurance

Even if you've answered the same question over and over, try to keep your tone calm and gentle. Frustration, whether in your voice or body language, can unintentionally increase your loved one's anxiety. Often, what they need most is a short, reassuring response that helps them feel safe and understood.

Use Different Types of Cues

Sometimes the brain needs more than one type of input to hold onto information.

Reinforce your answer using different senses:

- Verbal: "Dinner will be ready at 6 o'clock."
- Visual: Point to a clock, calendar, or write it down where they can see it.
- Audible: Set a timer and explain, "When the bell rings, it will be time to eat."

These layered cues can make information easier to process and remember.

Gently Redirect Attention

When questions become overwhelming, a soft redirection can help break the cycle. Invite your loved one into an activity that's familiar and comforting like looking through family photos, folding towels, or listening to a favorite song. Shifting focus not only eases repetition but can also create moments of connection and joy.

Take Breaks for Yourself

Answering repeated questions can wear you down, even when you know it's not intentional. It's okay to step away for a few minutes to breathe, regroup, or rest. If possible, ask another family member to step in, or let your loved one engage in a safe, independent activity. Protecting your energy makes it easier to respond with patience.

Lean on Extra Support

If repeated questions and other dementia-related behaviors begin to feel overwhelming,



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professional caregivers can provide valuable relief. Having someone else step in, even for a few hours, gives family caregivers time to rest, recharge, and return with fresh patience and compassion.

Patience Matters When Handling Repeated Questions with Dementia

It's completely normal to feel worn out by hearing the same question again and again. But with a few simple strategies, and by remembering that repetition is a symptom of dementia rather than a choice, you can meet these moments with more understanding and compassion.

At No Place Like Home Senior Services, we're here to walk alongside families navigating the ups and downs of dementia care. Our caregivers are specially trained to ease anxiety, bring comfort, and give family members the breaks they need to recharge.

If you're caring for a loved one with dementia, remember that you don't have to do this alone. Contact us today to learn how we can support your family and bring more peace into your caregiving journey.



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