

# Managing Repetitive Actions In Persons With Dementia



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# Managing Repetitive Actions In Persons With Dementia

Repetitive actions and questioning are common in persons with dementia. This is due to the loss of their ability to remember recent things.

## Some Examples Include:

- Asking the same questions over and over again.
- Repeatedly opening and closing of cupboards or doors.
- Playing with water/ bathing for a long time.

## What Are The Causes?

- Memory loss.
- Worries such as fear of abandonment or separation anxiety.
- Boredom
- Physical needs such as hunger or toileting that patient cannot express.

## What Can I Do?

- Try to understand any underlying causes.
- Reassure them and meet their needs e.g. changing diapers, taking to the toilet.
- Respond to the emotion instead of the question. Provide reassurance “I will be home for dinner”.



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## Communicate Gently And Clearly

- Use short, simple sentences.
- Remain calm.
- Give them your full attention.
- Use appropriate physical touch to reassure.
- Do not interrupt the repetitive action as this may lead to agitation.
- Allow them time to do their tasks without rushing.

## Distraction

- Re-direct them to another activity or engage them in a separate conversation topic.
- Remove any triggers that may lead to a repetitive action.
- If not bothersome, allow them to continue with the action.
- Put up a large clock and calendar to remind them of the time and date.
- Write appointments or medications in large font and display prominently.

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This information has been prepared by the Memory Clinic at Alexandra Hospital (AH). The AH Memory Clinic offers comprehensive assessment, support and management of those with memory problems through a multi-disciplinary team.

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## Contact Us

### 24-HR Urgent Care Centre

#### Location

Block 6, Level 1

#### Operating Hours

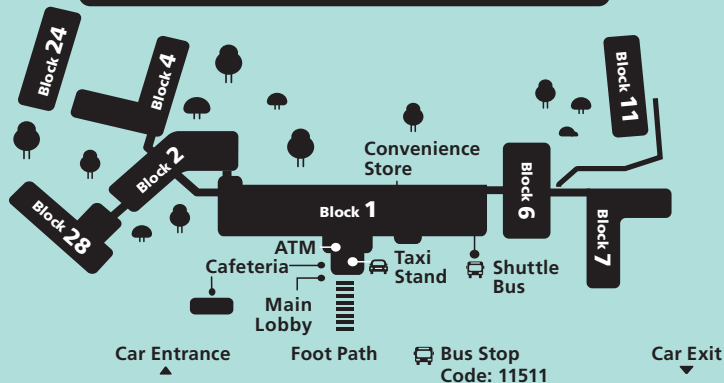
24 hours, 7 days a week

### Main Line

#### Contact Number

+65 6472 2000

# How to Get Around Alexandra Hospital



## Block 1

### Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

### Level 2

- Clinic J, Integrated Care Clinic
  - Gynaecology Clinic
  - Outpatient Infusion Centre (OPIC)
  - Podiatry
- Clinic K, Healthy Ageing Clinic
  - Dietetics
  - General Surgery Clinic
  - Palliative Clinic
  - Physiotherapy
  - Rehabilitation & Restorative Medicine Clinic
  - Staff Clinic
  - Urology Clinic
  - Vascular Clinic

### Level 3

- Ward 7

## Block 2

### Level 1

- Clinic D, Dental Centre
- Clinic E
  - Anaesthesia Outpatient Consultation Clinic
  - Orthopaedic Centre

### Level 3

- Day Surgery Operating Theatre (DSOT)

## Block 4

### Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

### Level 2

- Wards 2 and 3

### Level 3

- Wards 4 and 5

## Block 6

### Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

### Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

### Level 3

- Intensive Care Unit 1 (ICU 1)
- Major Operating Theatres 3 and 4 (MOT 3 & 4)

## Block 7

### Level 1

- Wards 8 and 9

### Level 2

- Wards 10 and 11

### Level 3

- Wards 12 and 13

## Block 11

### Level 1

- Rehabilitation 2

## Block 28

### Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

### Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (March 2021) and subject to revision without prior notice.

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