

<p>Identify the Problem</p>	<p>PROBLEM: Repetition (doing or saying things over and over)</p> <p>GOAL/EXPECTED OUTCOME: To reduce caregiver level of stress and increase caregiver capacity to cope and manage behaviors</p>
<p>Explore</p>	<p>ASSESS FURTHER:</p> <p>Understand the possible triggers of the problem:</p> <ul style="list-style-type: none"> • Is the person having trouble remembering, due to the disease process? • Has the person been separated from a loved one or a personal item? • Is the person's environment new or unfamiliar? • Is the person trying to communicate an unmet need, such as needing to use the bathroom or being hungry? • Is there a sight or sound causing the person anxiety? • Is the environment too loud? • Is the person bored? • Is the person having a medication side effect? <p>Understand the possible meaning of the problem to the person with Alzheimer's:</p> <ul style="list-style-type: none"> • Does the person feel anxious? • Is the person confused? <p>Understand the possible meaning of the problem to the caregiver:</p> <ul style="list-style-type: none"> • Is the caregiver frustrated? • Is the caregiver angry?
<p>Adjust</p> <p>Problem solve with interventions and actions</p>	<p>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</p> <ul style="list-style-type: none"> • Understand that the person is not doing or saying things repeatedly on purpose; it's part of the disease • Be reassuring and comforting to the person, using a gentle tone of voice • Avoid reminding the person that he/she already asked the question • Distract the person: <ul style="list-style-type: none"> ○ Redirect with another topic (Avoid questions. Instead, say, "Tell me about...your wedding, your kids, your house, your work...") ○ Offer something the person enjoys, such as a favorite food, an activity or music he/she likes, etc. ○ Have personal things for the person to look at, such as photo albums, old catalogues, a memory box of items from the person's life such as travel pictures/postcards, etc. • Turn the repetitious behavior into an activity (i.e., if person is rubbing his/her hands across the table, provide a cloth and ask for help with cleaning. Offer flowers to arrange, offer things to separate or sort into piles, or to sweep the patio, etc.) • Try not to become angry or frustrated in front of the person • Remove things from the environment that might trigger repetitive questions, such as the keys if the person keeps asking if it is time to leave • Try moving the person to a different room/new environment <p>CLINICAL SUPPORT:</p> <ul style="list-style-type: none"> • Because repetition may be due to cognitive decline (i.e., forgetfulness), refer to PCP to discuss if cognitive enhancement drugs would be beneficial

	<p><u>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</u></p> <ul style="list-style-type: none"> • Educate the caregiver about the disease and how it can cause forgetfulness and repetitive behaviors • Listen empathically to caregiver and evaluate for level of distress • Refer to Alzheimer's Los Angeles for support groups, disease education, and care consultation <ul style="list-style-type: none"> ○ ALZ Direct Connect® referral ○ Provide Helpline #: 844.HELP.ALZ 844.435.7259 ○ Website: www.alzheimersla.org • Send literature: <ul style="list-style-type: none"> ○ Caregiver Tip Sheet – “Repeating” (English and Spanish)
	<p><u>FOLLOW UP:</u></p> <ul style="list-style-type: none"> • Schedule a phone call with caregiver to discuss outcomes and provide additional support
	<p><u>NOTES:</u></p> <hr/> <hr/> <hr/> <hr/>