



Looping & Repetitive Question Response Guide

When the Same Question Keeps Coming Back

Looping May Look Like:

- Repeating the same question
- Telling the same story repeatedly
- Fixating on a plan or time
- Asking for reassurance over and over
- Returning to the same worry

This is memory and processing breakdown — not defiance.

STEP 1: Identify the Type of Loop

Memory-Based Loop

- The answer does not stick
- They appear confused after asking
- It repeats quickly

Anxiety-Based Loop

- Tone sounds worried
- Question is future-focused
- Reassurance reduces intensity

Both require calm repetition.

WHAT TO SAY

- ✓ Use the same wording each time

- ✓ Keep responses short
- ✓ Speak calmly
- ✓ Lower your tone

Example:

“We’re leaving at 10.”

“Dinner is at 6.”

“You’re safe.”

Consistency helps.

WHAT TO AVOID

- ✗ Long explanations
- ✗ Changing wording repeatedly
- ✗ “You already asked that.”
- ✗ Visible frustration
- ✗ Sarcasm

Correction increases agitation.

STEP 2: Use Visual Supports

- Whiteboard schedule
- Sticky note reminders
- Printed daily plan
- Simple checklist
- Clock or timer cue

Visual cues reduce repeated questioning.

STEP 3: Redirect After Answering

After responding:

- Offer a drink
- Suggest sitting together
- Change location
- Turn on music
- Provide a simple task

Answer first. Redirect second.

WHEN TO CONTACT A PROVIDER

- Sudden increase in looping
- New confusion
- Sleep changes
- Possible infection
- Medication adjustments

Sudden changes may indicate medical causes.

Quick Caregiver Reset

1. Lower your voice.
2. Slow your breathing.
3. Repeat calmly.
4. Do not escalate.
5. Step away briefly if needed.

Final Reminder

Looping is a search for stability.

Repetition does not mean they are ignoring you.

Calm consistency reduces escalation over time.

— Nora Poppins

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