

### Activity

Some questions for you to think about:

1. How do you feel when a person with dementia repeats the same question again and again?
2. Thinking about a frequent question you get asked, can you suggest anything that might help to remind the person of the information they need?
3. Have you noticed any feelings being expressed by people with dementia when they are repeating themselves?
4. What key memories have you heard people with dementia talk about?
5. Can you think of any creative ways of helping to celebrate and document a person's key achievements and life story?