



The Repetition Loop — How to Handle "I Want to Go Home"

"Home" often means a feeling, not a place — safety, routine, comfort.

It's not a lie, it's a need.





Understand the Emotion Beneath



They may feel lost, scared, or unsure



"Home" might mean childhood,
familiarity, peace



Don't Argue — Reassure

Instead of "You **are** home," try:

"Tell me about home."

"We're safe here. Let's have a cup of tea."

Validate & Redirect



"I know you miss it."



"Let's take a walk and then we'll talk more."



"Would you help me with this first?"



Use Grounding Objects



Favourite photos



A familiar blanket

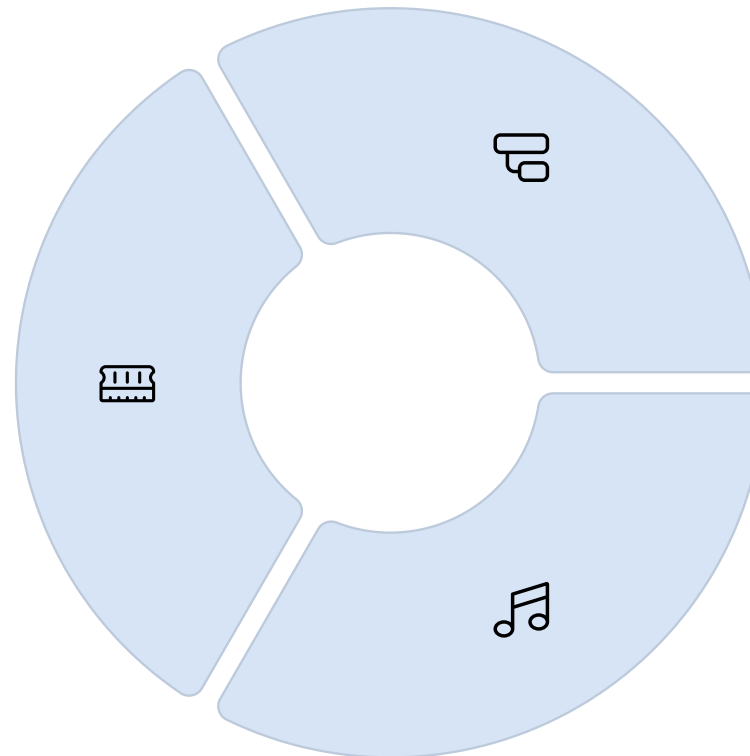


A beloved book or scent



Gentle Distraction Ideas

Ask about a happy memory



Offer a simple task (folding towels)

Cue up a favourite song

Create a "Safe Place" Routine

A chair by a window

Providing a view and natural light

Their favourite mug

Familiar objects create comfort

A specific cozy corner for calming moments

Designated space for security



You're Doing Enough



Even when you don't fix it, your love is felt

Repetition is a symptom, not something you're doing wrong

Ask Your Navigate Dementia Support Companion

