

10 Tips

FOR CARE PARTNERS WHOSE LOVED ONES ARE EXPERIENCING HALLUCINATIONS OR DELUSIONS

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When your loved one is experiencing a hallucination or delusion, try to remain calm and avoid arguing with them. It feels extremely real to the person experiencing it. If you feel the need to explain that you can't see what they see, do so in a non-confrontational manner, such as saying "I know you see something frightening over there, but I don't see it."

2

Acknowledge your loved one's experience/thoughts and validate their experience to reassure safety.

3

Try to distract your loved one by shifting their attention to something they enjoy doing. This could be putting on their favorite music or TV show, going for a walk, or engaging in one of their hobbies.

4

Try to reduce stressors or triggers - change your loved one's surroundings by removing objects which may be causing the hallucination. For example, a coat rack might look like a person standing in the room.

5

In an effort to reduce hallucinations, ensure sufficient lighting in darker areas. For example, add a night light in bedroom or opening the blinds/curtains to let in the sunshine and natural light.

6

Track the symptoms, potential triggers and behaviours associated with Parkinson's psychosis.

7

Share the type, frequency, and behavioral details of Parkinson's psychosis episodes with your loved one's medical team – the earlier the better.

8

In partnership with the medical team, try to rule out possible causes for psychosis such as infection, sleep disorders or vision issues as well as adjusting Parkinson's medications or adding antipsychotic medications to the regimen to manage psychosis symptoms

9

In partnership with your medical team, discuss the effects of non-motor symptoms on behaviour and ensure non-motor symptoms are managed through therapy and/or medications.

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Connect with other Care Partners! Always remember you're not alone in managing the challenges associated with Parkinson's psychosis. There are other Care Partners across the province that understand what you're going through and can provide peer support.

Client Services

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