Practical Tips for Caring for Someone with Parkinson's Psychosis

If the person you are caring for is experiencing hallucinations:
1) Tell their doctor.
2) Stay calm and patient.
3) Increase lighting at night, which can help reduce shadows and the risk of visual illusions.
4) Talk to your loved one about his or her experience.
5) If the person has insight, explain that the experience is not real. If the person lacks insight, do not argue or challenge the person by saying “they are not real;” instead, agree and/or distract the person.
6) Educate others who frequently spend time with your loved one and allow them to help.

If the person you are caring for is experiencing delusions or confusion:
1) Tell their doctor.
2) Stay calm and patient.
3) Keep dangerous objects in secure locations.
4) Arrange furniture in a way that someone who is confused will not trip and/or fall.
5) Do not argue or challenge the person.
6) Educate others who frequently spend time with your loved one and allow them to help.
If your loved one becomes agitated or aggressive:

1) Provide space without crowding.
2) Keep dangerous objects in secure locations.
3) Talk calmly.
4) Provide reassurance: “You are safe.”
5) Keep your movements to a minimum.
6) Ask how the person is feeling and his or her reason for being upset.
7) Listen to the responses and comments.
8) If your safety is threatened or you are concerned a loved one might harm him/herself, call 911.

How to prepare for a doctor’s appointment:

Be ready to report any changes in the following:

1) Behavior
2) Medication
3) General health

For more information on psychosis associated with PD, order the book Psychosis: A Mind Guide to Parkinson’s.

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Caring for Someone with PD Psychosis

• Try to **UNDERSTAND** and acknowledge what the person may be experiencing. This can be challenging for a caregiver but may help you gain a better grasp of the situation.

• Try to actively **LISTEN** while staying calm and patient.

• Try to **TALK** about the experiences. A conversation that is open and non-threatening may reduce the anxiety everyone is feeling.

• Try not to take it personally. It is the disease talking and there is no reasoning you can offer to change that.

• Try to be encouraging and **SUPPORTIVE** rather than argue or debate. Neither challenging nor reinforcing illogical ideas is helpful to the person or their caregiver.

• Try to find neutral, simple things to talk about.

• Try to show **COMFORT** rather than discredit or tell them they are wrong.

• Try to be **PREPARED**. Know what situations are likely to trigger symptoms of psychosis and what the best remedy is for comforting the person you are caring for.

• Try to **EDUCATE** others who are frequently around. Recognizing these behaviors can relieve fear and make caring for people easier.

• Try to create a safe **ENVIRONMENT** and make necessary adjustments to lighting, objects, and distractions.

• Try to keep **SAFETY** first. Having a plan to seek emergency help in case someone is confused, agitated, or aggressive will ensure everyone’s safety.

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