Caring for Someone with PD-Associated 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 with Parkinson’s 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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