

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.

Visit [Parkinson.org/Library](https://www.parkinson.org/Library) for more Tip Sheets like this.