

## Practical Tips for Caregivers

### **If the person you are caring for experiences 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 experiences 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