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