

QUICK TIPS

Hallucinations

Hallucinations can feel very real and distressing. The goal is not to correct the person, but to reduce fear, maintain trust, and ensure safety.

1. **Validate feelings**

Acknowledge emotions, even if you don't see what they see.

- “That sounds frightening.”
- “I can see this is upsetting you.”

2. **Don't argue or correct**

Avoid saying “that's not real.”

Instead try:

- “I don't see it, but I'm here with you.”

3. **Gently explore**

Ask simple questions to understand and check for triggers:

- “Can you tell me what you see?”
- “Where is it?”

4. **Adjust the environment**

Reduce confusion and overstimulation:

- Improve lighting (reduce shadows)
- Lower noise (TV, radio)
- Remove distressing mirrors
- Ensure glasses/hearing aids are used

5. **Check for causes**

Hallucinations may be worsened by:

- Infections (e.g., UTIs)
- Medication side effects
- Poor sleep, dehydration, or pain

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6. Reassure and stay present

- Use a calm tone
- Sit nearby or offer a gentle touch
- “You’re safe. I’m here.”

7. Redirect

Once calm, shift attention:

- Walk, snack, music, simple tasks
- Move to a quieter or brighter space

8. Keep safety first

If behaviours escalate:

- Stay calm and give space
- Remove hazards
- Seek help if needed

9. Be consistent

Use familiar reassurance and responses for repeated hallucinations.

10. Notice patterns

- Track timing and triggers.
- Seek medical advice if hallucinations are new or worsening.

Feel free to reach out to us for personalized support.

Contact us at Info@DementiaSolutions.ca