



WHY DOES THIS HAPPEN?

People with Alzheimer's or another dementia might be:

- having a reaction to medicine
- taking the wrong amount of medicine
- going through changes in the brain due to the disease
- experiencing an illness, infection or medical emergency

Hallucinations

People with Alzheimer's or another dementia can sometimes hear, see, smell, taste, or feel something that is not really there. They may talk to someone from the past who is no longer in the home or even still alive or is a pretend friend. This can alarm family and friends.

WHAT CAN YOU DO?

See a Doctor

- visit the doctor to find out the cause (bring ALL medications and supplements with you)
- tell the doctor about every time you think this has happened (keep a log — day, time, and what was going on around the person with Alzheimer's or dementia)

Think About the Cause

- remove or change anything that might be upsetting
 - if the person doesn't know who is in the mirror, cover the mirror
 - if things come out in the dark, turn on the lights or use a nightlight
 - if the TV or radio is confusing or scary, turn it off

Be Reassuring

- say things like “don't worry, I'm here and will take care of you”
- agree, don't argue, about whether what's happening is real... it is real to them
- involve him or her in something pleasant to distract them

Alzheimer's
ORANGE COUNTY

Helpline

844-373-4400

alzoc.org

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