Joanna
DEMENTIA EXPERT

FREE GUIDE · LEWY BODY DEMENTIA

What to Say When They See Things That Aren't There

My real scripts for hallucinations and delusions, so you know what to say in the moment.

Your person with dementia points at the corner and says there's a man standing there. Your heart drops. What do you even say?

I've been there more times than I can count. In Lewy body dementia, seeing, hearing, and believing things that aren't real is part of the disease. Their brain chemistry is changing. They aren't being difficult, and you aren't doing anything wrong.

Their reality is real to them. So we meet them there.

1 First, ask yourself one question

Is this a me problem or a them problem?

The happy ones

They see a cat, a baby, kids playing, an old friend. They're smiling. It isn't hurting anyone.

Agree, enjoy it with them, and move on with your day. One family asked me how to convince her husband they don't live on a golf course. You don't. **"It is a beautiful golf course. I love living here with you, honey."**

The scary ones

They're afraid, crying, hiding, trying to leave, or ready to fight something you can't see.

This is where my 4 steps come in. They're below, and they work for delusions too, like "someone is after me" or "my purse was stolen."

2 My 4 steps for the scary ones

STEP 1

Repeat it back as a question

"There's a man in the corner?"

This buys you a second to breathe and get yourself together.

STEP 2

Ask yes or no questions

"Is he scaring you? Is he trying to get you?"

Now you know exactly what you're solving.

STEP 3

Fix it in their world

"I'm going to go get him. I got him. I called the police. You're safe."

Bring peace any way you can.

STEP 4

Redirect to another sense

A favorite song, a warm drink, a soft blanket, a snack. Bringing in a new sense helps their mind let it go.

Don't skip step 3. A redirect on top of a problem that isn't solved is just a distraction, and it won't last. Fix it first. Then redirect.

3 Say this, not that

WHEN THEY SAY	NOT THIS	TRY THIS
"There are bugs all over the floor."	~~"There's nothing there."~~	"Bugs on the floor? Are they bothering you? Let me sweep them out for you." Then check for a patterned rug or shadows.
"There are kids playing in the backyard."	~~"There's nobody out there."~~	"Kids in the yard? Are they having fun? Sounds like they're having a blast."
"Someone stole my purse."	~~"Nobody stole it. You hid it."~~	"Your purse is gone? That's so upsetting. Let's look for it together."
"You're not my husband. You're an imposter."	~~"It's me! Don't you know me?"~~	"I'm sorry I upset you." Step out of the room, then come back in with a warm "Hi honey, I'm home!" A fresh start often resets the moment.
"My mother is coming to pick me up."	~~"Your mother died years ago."~~	"Tell me about your mom. What's she like?"

When to call the doctor

- Hallucinations start out of nowhere, or suddenly get worse. Think UTI first. I keep **Uqora** test strips at home so I can check fast.
- A new medication just started. People with Lewy body can be very sensitive to antipsychotics, and some can make hallucinations worse. I list the ones to watch for in my Care Companion.

4 Watch me do it

Scan with your phone camera to watch these on my YouTube channel.

6 reasons hallucinations happen

When the hallucination is a happy one

My steps in action with a scary one

Keep an eye on your inbox. I'm sending you my **Lewy Body Everyday Care Companion** next: the full playbook for hallucinations, sleep, falls, and personal care, with trackers you can print.

And join me live on **Monday, October 26 at 7 PM Eastern** for my Lewy body training.

Remember, this is hard, but we can do hard things.

Connect With Me

Web joannadementiaexpert.com **TikTok** @joanna.dementia.e
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Facebook Joanna Grace LaFleur
One on one consultations, courses, and my book **Bringing Joy Every Day**