An early action guide for Parkinson's-related hallucinations and delusions

more to parkinson's®

A guide for people with Parkinson's and their care partners to help identify early signs of hallucinations and/or delusions and create a plan.

You may be familiar with the movement symptoms of Parkinson's, but did you know hallucinations and delusions can affect about 50% of people with Parkinson's over the course of their disease?

Hallucinations are seeing things that aren't there. Delusions are believing things that aren't true.

Watch out for potential warning signs

Identifying early signs of hallucinations and delusions can help you prepare sooner and discuss next steps with your loved ones. **Warning signs may include:**

Illusions, or mistaking common objects for other things (mistaking a sock on the floor for a mouse)

Feeling like someone is standing near you when they are not

Thinking you see someone or movement out of the corner of your eye when there is nothing there

Identify symptoms as soon as they start

Screenshot this list. →

If symptoms do appear, they often emerge slowly—but can progress over time. Any new symptoms should be discussed with your doctor as soon as possible, no matter how mild. Use the examples on the right to help identify new symptoms.

Learn what to look for →

Take the simple 4 question screener →
that can help your doctor determine if you're experiencing symptoms.

Symptoms to look for

These may increase the need for additional assistance and support at home.

- **Misinterpreting what they're seeing** (illusions)
- **Seeing things that are not there, such as people, animals, or objects** (hallucinations)
- **Hearing sounds, music, or voices that others do not hear** (hallucinations)
- **Thinking that people are trying to harm them, steal from them, or deceive them** (delusions)
- **Believing that a spouse or partner is being unfaithful** (delusions)

You and your care partner: what you can do together

Don't wait to start the conversation

Normalizing frequent, open conversations can make it easier to identify changes in behavior if they occur. Regular check-ins over morning coffee or dinner can help you identify new symptoms and bring them up to a doctor early. No experience is too small to discuss.

Learn how to make discussions easier →

Try asking these questions:

- Has anything around you seemed strange or unfamiliar lately?
- Are you having a harder time trusting people lately?
- Have you noticed any changes in your mood or vision that we should talk about?
- Have you seen or heard anything recently that felt a bit unusual?
- Is there anything that is making you feel uneasy or unsure lately?

Before anything changes

Adjusting to life with Parkinson's can feel uncertain, but being informed allows you to feel more prepared and respond quickly if something does change. Being proactive and staying on top of hallucinations and delusions can make a real difference.

Making your early action plan

Work with your medical team and your family to create a proactive care plan that includes strategies for coping with symptoms. This might include:

- **Talking with a doctor about ways to create a safe and supportive environment**
- **Keeping a written list of all medications, supplements, and doses**
- **Assigning clear family roles**
- **Discussing treatment**

If it's helpful, you can keep track of some of these details in the section to the right.

_____'s Care Plan:

Authorized care partner: _____

_____

Doctor's name & phone number: _____

_____

Notes: _____

_____

_____

_____

_____

_____

TIP: Keep a journal

Keep track of any unusual thoughts or experiences in a symptom journal, and bring it to every appointment.

For more information, **connect with a Patient Educator →**

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