

Help with PARANOIA

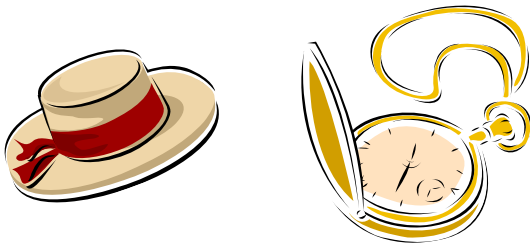
⇒ Paranoia is suspicious thinking with feelings that the person is being persecuted, harmed or judged.

*Because of memory loss,
your loved one may have trouble understanding
what is real and what is not.*

→ Establish a daily routine.

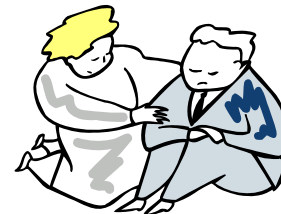
→ Do not argue or disagree.

→ Keep familiar objects around.



→ Check out your loved one's suspicions. They may be based on fact.

→ Use touch to reassure your loved one -- if they are open to being touched.



→ Change the surroundings as little as possible.

→ When the surroundings must change, try to prepare your loved one.

→ Do not take being accused personally. Paranoia is part of the disease.