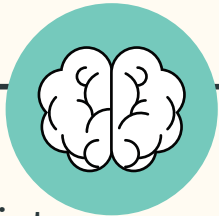


# HALLUCINATIONS, DELUSIONS AND PARKINSON'S DISEASE



Some people with Parkinson's disease (PD) can experience hallucinations or delusions which are more common in advanced stages. A hallucination is when you see, hear or feel things that aren't there. A delusion is an unusual thought, belief or worry that isn't based on reality but seems very real. An illusion is when you misinterpret real things for something else, you might think that your curtains look like a group of people. These can be very worrying for someone with PD and for family members too, but it is important to know that these are normal, they can be caused by PD medications, an underlying infection or in some cases, the onset of dementia.



## TYPES OF HALLUCINATIONS

Hallucinations are perceptions of things that don't actually exist, they can be visualised, heard, smelled or tasted, they can also be a side effect of medication:

- **visual** hallucinations can be in black and white, colour, can be still or moving images, they might involve small animals and children, they can last for some time or disappear quickly and might happen more in low light or low visibility
- **auditory** hallucinations involve hearing voices or sounds that do not exist
- **'tactile'** hallucinations involve feeling something, like someone is touching you
- **smell** and **taste** hallucinations involve tasting something you haven't eaten or smelling something that isn't there, like smoke



# WHAT IS A DELUSION?

A delusion is a thought or belief not based on reality. Someone with PD might be convinced that what they are thinking is true. They might think someone is trying to harm them or is chasing them or that their partner is being unfaithful. Delusions can cause anxiety if it is difficult to tell whether something is real or not.



# MANAGING HALLUCINATIONS AND DELUSIONS

- maintain good lighting in the evenings or when it is dark
- when a hallucination is occurring, reassure the person experiencing it and validate their experience
- hallucinations and delusions can be caused by infections, treating the infection will stop them
- some medications, such as amantadine, can cause hallucinations in older people
- they can be associated with memory problems, and medication used to treat dementia may help with hallucinations
- get enough sleep during the night and try not to sleep during the day
- visual hallucinations can occur because of poor eye sight, check your eye sight regularly
- talk about your hallucinations and delusions with your family so they understand what you are going through

Join a local support group to learn more and meet other people with Parkinson's disease:

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431

For more information about Parkinson's disease visit:

[www.parkinsonkenya.wixsite.com/website](http://www.parkinsonkenya.wixsite.com/website)

OR

[www.parkinsonsafrica.com](http://www.parkinsonsafrica.com)



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