



## Tips on “Therapeutic Fibbing”: Sometimes it’s the Kindest Thing You Can Do for Your Loved One with Alzheimer’s

There are certain circumstances in life where avoiding the truth is acceptable and loved ones with Alzheimer’s disease and other forms of dementia are a prime example. The truth can sometimes be disturbing to your loved one and can result in undue anxiety, stress, agitation and anger. Therefore, it can be preferable to tell them “white lies” to help maintain their overall well-being – an acceptable approach that experts in the field of memory care call “therapeutic fibbing.”

### Guidance for Using Therapeutic Fibbing with Your Loved One

Aging and caregiving expert **Dr. Amy D'Aprix** offers some useful guidelines and strategies to caregivers for using fibbing as a therapy.

- **Change the Subject** – Instead of upsetting them with the truth, try to distract your loved one by changing the subject.
- **Empathize and Validate their Feelings** – Identify and respond to the emotion driving the behavior. For example, if your father refuses to go outside because he's assumed his 5-year-old self who fears the neighbor's dog, empathize with this fear. Assure him no harm will come while he's outdoors.
- **Mix It Up** – View therapeutic fibbing as a technique to use in combination with other methods. It's not a cure-all for every Alzheimer's and dementia-related behavior.
- **Safety and Well-being Rule** – Use therapeutic fibbing only when necessary to create safety, enhance quality of life and ensure your loved one's well-being.
- **Understand the Disease** – Alzheimer's and dementia are degenerative diseases that destroy the brain and ability to process and store memories. People in later stages of these illnesses are often cognitively incapable of recognizing reality. Trying to force them to comprehend it may only lead to greater confusion, agitation and discomfort.
- **Let It Be** – If your loved one is peaceful and no immediate danger will result, there's no harm in letting them stay in their personal reality, no matter how disconnected from the present.
- **Let Your Intuition be Your Guide** – You know your loved one best. When it comes to easing tough moments, do what feels right.

**North Woods Village at Edison Lakes** is the area’s first single-purpose residential [Memory Care Assisted Living Community](#) (MCAL) dedicated to caring for those with Alzheimer’s disease, dementia and other memory impairments as well as providing education, support and resources to area caregivers and their families. The unique, [purpose-built architectural design](#) of **North Woods Village at Edison Lakes** is one element of “[NEW DIRECTIONS<sup>SM</sup>](#)” the community’s signature memory care program that provides the optimal balance of loving care, dignified support, social engagement, wellness and independence.

For more information on **North Woods Village at Edison Lakes** and our [Caregiver Education & Support Calendar](#), please [contact us](#) today!

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