



Therapeutic Fibbing

Alzheimer's

“Where is my father? He should be home by now!”

Most of us have been taught that lying is unacceptable, but at some point you will run into moments where you are at a crossroads about how to respond.

Do you tell the truth when you know the information will cause them pain?

Why it happens

- The person with dementia lives with a different reality, which may not align with yours.
- The person has a problem with their memory, so they may not remember events or conversations.
- The person can become overloaded with information, so full disclosure may be overwhelming.

Therapeutic Fibbing is not

- about lying, deceit or disrespect
- being malicious

Therapeutic Fibbing is

- about getting along, avoiding confrontation
- and sharing information your person can handle
- being kind

Two Techniques

Communicate in more general terms

- Be vague or omit details that may cause unease
- “You know dad– he is always so busy! You’ll be with him soon.”

Twist/change facts

- Modify the details in the story to skirt an issue or spare bad news
- “Your father called earlier & said he would be late. He wants us to have dinner without him.”

Tip

- Make sure your non-verbal cues (body language, tone of voice, etc.) support your message. If they do not match, your person will not believe you.



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For more information, visit www.BannerAlz.org
or tune into our podcast, *Dementia Untangled*