



TERRA VISTA TIPS

Therapeutic Fibbing

While it may seem strange, some caregivers find white lies, also known as therapeutic fibbing, to be a useful tool when it comes to caregiving. Although this often depends on the caregiver and how they feel about it, it has been proven to have a wide range of benefits for loved ones with memory loss.

THE BENEFITS OF THERAPEUTIC FIBBING FOR CAREGIVERS OF THOSE WITH MEMORY LOSS

Those with memory loss may believe they were once someone they weren't or may live in their own version of reality. While we know these things never occurred, it can help to play along or validate these beliefs in order to improve their self-esteem and enhance their dignity. While this can seem somewhat harmful at first, it can often bring your loved one a great amount of joy.

Arguing with your loved one about their past and the reality they are living in can often agitate them and cause them to become angry and act irrationally. By using therapeutic fibs, you can help to decrease their negative behaviors, and then redirect the conversation.

It can be unsettling when your loved one asks where their spouse or family member who has passed is. Therapeutic fibs, such as telling them that they went to the store and then bringing up some stories or memories about them can help your loved one experience positive memories while decreasing the likelihood they become upset about reliving the truth.

Remember to do what feels right. If you believe that telling a therapeutic fib would help your loved one cope better and have a much better day, then do so. If you believe that they could negatively impact your loved one, then don't. Simply use tools like redirection or even combine them to fit your needs.

For more information about therapeutic fibbing, or to join an upcoming support group, contact Terra Vista today.



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A DEDICATED RESOURCE FOR YOUR CAREGIVING NEEDS

Therapeutic fibbing is not for everyone, and some are apprehensive to use it. For help, contact the team at Terra Vista to see how it can benefit your loved one while helping to enhance their day-to-day life.

An Alzheimer's Assisted Living Community

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All Inclusive Memory Care Assisted Living