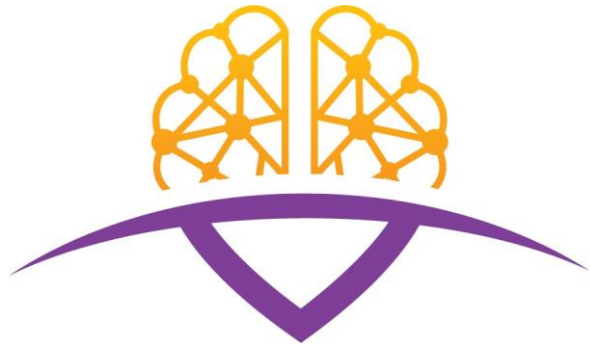


# “Therapeutic Fibbing”



**SERENITY**  
MEMORY CARE



**BLUE RIDGE**  
THERAPY CONNECTION

Your Memory Care Resource

# “Therapeutic Fibbing” – Caregiver’s Friend?

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.

## BENEFITS OF THERAPEUTIC FIBBING...

Your memory care resource



# Benefits of Therapeutic Fibbing

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.

Your memory care resource



# Benefits of Therapeutic Fibbing

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.

Your memory care resource



# Is this you?

When caring for my Mom with Alzheimer's...

I AM A HERO

I AM STRONG

I AM FULFILLED

I AM A MARTYR

I AM OVERWHELMED

I AM DESPERATE



**SERENITY**  
MEMORY CARE

# Caregivers Caught in the Crosshairs

- Afraid to leave your loved one with anyone else
- Feeling overwhelmed and emotionally and physically exhausted
- Feeling depressed, angry, hopeless and helpless
- Sleep deprived and irritable
- Getting sick more frequently
- Gaining or losing weight
- Scared about what tomorrow will bring

We can give you peace of mind



# Serenity can bring you Peace

We named our program **Serenity** because we are committed to providing our residents with memory loss a calm and peaceful setting. **A Serene Life.**

Our Serenity residents enjoy:

- A secure & calming living space
- A person-centered philosophy that honors & celebrates individuality
- A dedicated staff that has gone through extensive memory care training
- Life enrichment memory loss programs
- Specialized therapies, sensory rooms and life stations
- Brain healthy dining program to energize and relax the mind

For more information, 276-694-7161

