



Therapeutic Fibbing

**“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?

Facts about Dementia:

- Your person lives with a different reality, so your reality may not align with theirs anymore.
- Your person has a problem with their memory, so they may not remember events or conversations.
- Your 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."

Tips:

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