more to parkinson's®

FOR PEOPLE WITH PARKINSON'S AND THEIR FAMILIES

RYAN REYNOLDS SHARES HIS FAMILY'S PARKINSON'S STORY

Actor and advocate Ryan Reynolds shares his family's experience with his late father James's battle with Parkinson's disease (PD).

In a 6-part series, Ryan and his mother, Tammy, discuss his father's Parkinson's-related hallucinations and delusions, and they emphasize the importance of open conversation and speaking up at the first sign of these symptoms.

> My father experienced hallucinations and delusions, and at the time, we didn't realize these symptoms were part of his Parkinson's disease. My mom tried to shield my family and carry the burden alone each day.
>
> **I wish I'd known there was more to Parkinson's than motor symptoms, which is why I'm encouraging people and families affected by Parkinson's to talk early and often about hallucinations and delusions."**
>
> – Ryan Reynolds, actor and advocate

If you or a family member is living with Parkinson's, please watch Ryan's story to learn from his experience at MoreToParkinsons.com.

COMMON YET LESS RECOGNIZED SYMPTOMS OF PARKINSON'S

The motor symptoms related to Parkinson's disease (PD) are well-known, such as resting tremors, slow movement, rigid muscles, or loss of balance. But nonmotor symptoms, like hallucinations and delusions, are also common, impacting about 50% of people with Parkinson's over the course of their disease, and these may worsen over time.

Hallucinations and delusions may be part of the natural progression of PD, although the exact cause is unknown. It is important to note that not everyone will develop hallucinations and delusions, and there is no way to predict which people with Parkinson's will experience them.

HOW A LOVED ONE WITH PD MAY EXPRESS THEIR SYMPTOMS

Hallucinations involve seeing, hearing, or otherwise sensing things that others don't, while delusions involve believing things that are not true. People with PD-related hallucinations or delusions may experience the following:

Seeing things that are not there, such as people, animals, or objects (hallucinations)

Hearing sounds, music, or voices that others do not hear (hallucinations)

Thinking that people are trying to harm them, steal from, or deceive them (delusions)

Believing that a spouse or partner is being unfaithful (delusions)

Thinking that a song or TV show is speaking directly to them (delusions)

RESPONDING TO HALLUCINATIONS AND DELUSIONS IN THE MOMENT

Hallucinations and delusions are often mild at first: the person with Parkinson's mistakes a sock on the floor for a mouse or senses the presence of someone who is not there. Over time, the symptoms may start to happen more frequently and become more intense. If you or your loved one notice any symptoms, ***please inform your doctor right away.***

Here are some tips for dealing with hallucinations and delusions in the moment:

- → Stay calm and be patient as you listen to your loved one.
- → Do not try to argue with the person if they are not aware that their hallucinations or delusions are not real.
- → Try not to take what they may say or do personally. Remember that this is a part of the disease.
- → Try to avoid discussing topics and situations your loved one finds distressing. Distressing topics can trigger hallucinations and delusions.
- → Talk with their doctor about ways to create a safe and supportive environment.
- → Ask your doctor about possible treatment options for Parkinson's-related hallucinations and delusions. Remember, only your doctor can determine if a treatment option is right for you.
- → Ensure you have a well-prepared plan in place in the event of an emergency.

OPENING UP
TO FAMILY AND FRIENDS

For many people with Parkinson's and their care partners, discussing hallucinations and delusions with family and friends can be difficult. In their story, Ryan Reynolds and his mother, Tammy, discuss the challenges they faced talking about these symptoms. They share how a lack of communication made problems worse. And they emphasize the importance of open communication—not only with loved ones but with healthcare providers too. Their experiences highlight the importance of talking to family, friends, and your healthcare providers.

→ **Watch Ryan and Tammy's story at MoreToParkinsons.com**

> **When my dad was diagnosed with Parkinson's, I thought I knew what to expect with the physical symptoms, but no one warned us about the hallucinations and delusions which are often part of the disease.** My dad was pretty stubborn but also strong. He didn't want to acknowledge he might be struggling to hold his grip on reality. I wish I knew then what I know now. I want this work to encourage conversations and destigmatize one of the toughest parts of Parkinson's."
>
> – Ryan Reynolds, actor and advocate

MANAGING THE STRESS OF
HALLUCINATIONS AND DELUSIONS

Hallucinations and delusions can add to the challenges of living with Parkinson's disease (PD) for both people with Parkinson's and the families who care for them.

Changes at home

Hallucinations and delusions may increase the need for additional assistance and support at home.

Emotional challenges

Both the person experiencing PD-related hallucinations and delusions and their families can experience emotional distress.

Social isolation

For people with PD, being isolated and withdrawn can increase the likelihood of experiencing symptoms. For care partners, isolation can increase the risk for depression and chronic diseases.

CHECKLIST TO BRING TO A DOCTOR'S APPOINTMENT

If you or your loved one is experiencing Parkinson's-related hallucinations and delusions, don't wait to raise concerns to your doctor. Your doctor can help you and your loved one determine the appropriate next steps for managing symptoms. Use the following checklist to help guide your discussion, and take control before hallucinations and delusions get out of control.

- ☐ My loved one or I have interacted with things, seen things, or sensed things that aren't there (hallucinations).
- ☐ My loved one or I recognize that these experiences are not real.
- ☐ My loved one or I have had false beliefs about people such as believing someone is stealing or being unfaithful (delusions).
- ☐ These experiences have affected our daily lives and/or our relationship.

SIGN UP FOR MORE INFORMATION

Learning about Parkinson's-related hallucinations and delusions is just the start. Sign up to receive:

- Tools and resources
- Ryan and Tammy Reynolds's story to help better understand these symptoms
- Information on how your doctor can help provide the best care and support

Visit MoreToParkinsons.com.

→ **Click to learn about a treatment option**

Remember, only your doctor can determine if a treatment option is right for you.

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Ryan Reynolds is a spokesperson for Acadia.

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