

Capgras Syndrome in Lewy Body Dementias (LBD) Associated with Anxiety and Hallucinations

Tips for Managing Capgras Syndrome:

- **Don't argue with the belief.** That makes the person angrier and more convinced they are right.
- **Go with the emotion, not the facts.** Acknowledge your loved one's fear, frustration, and anger.
- **Change the focus.** Try to distract them with an activity, a change of the room, maybe going outside or watching their favorite television show.
- **Agree to disagree about the belief,** but no matter what you always love and care for them.
- **Blame it on Lewy.**
- **Leave the room and come back in a few minutes.** Sometimes that's all it takes.
- **Announce either by phone or before you come into the room by your voice that you'll be coming in soon.** Voices don't trigger Capgras like seeing something does.
- **Consider medications if the Capgras delusion is causing the person with dementia great distress or there are safety issues.** (You should discuss appropriate medication options with your physician)