

Blurred perceptions and thoughts:

Understanding psychosis in later life



What is psychosis?

- Psychosis is a condition that makes it hard for the mind to tell what is real and what is not.¹
- It is a symptom of a number of mental and physical illnesses, such as Alzheimer's or a head injury.¹
- Psychosis can be treated and getting help early can support a faster recovery.²

What does psychosis look like?³

Two symptoms of psychosis add or change a person's reality:

Delusions: strong beliefs in something that is false, even when there's proof that these beliefs cannot be true

Hallucinations: hearing, seeing, tasting, smelling or feeling something that is not actually there

How can I stay well?

- Be active⁴
- Stay connected with loved ones⁵
- Get regular checkups for your health and hearing⁶
- Avoid substances that can alter your mind¹

Where can I get help?



Resources and support for psychosis and other mental health problems are available in your community.

For more information, connect with any of the following organizations:

Canadian Mental Health Association

<https://ontario.cmha.ca/>
1-800-875-6213

Centre for Addiction and Mental Health
www.camh.ca **1-800-463-2338**

Community Information Centres

www.211Ontario.ca **Dial 211**

ConnexOntario

Contact for 24/7, confidential and free information about mental health, addiction and problem gambling services throughout Ontario.
www.connexontario.ca
1-866-531-2600

Resources

Understanding psychosis and finding help early, Canadian Mental Health Association
<https://ontario.cmha.ca/documents/understanding-psychosis-and-finding-help-early/>

Early Psychosis Intervention Ontario Network <http://help4psychosis.ca/>

References

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4. Stubbs, B., Williams, J., Gaughran, F. & Craig, T. (2016). How sedentary are people with psychosis? A systematic review and meta-analysis. *Schizophrenia Research*, 171 (1–3), 103–109.
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6. Almeida, O.P., Ford, A.H., Hankey, G.J., Yeap, B.B., Golledge, J. & Flicker, L. (2018). Hearing loss and incident psychosis in later life: The health in men study (HIMS). *International Journal of Geriatric Psychiatry*. 34 (3), 408–414.

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