



You can help detect Delirium

> Delirium is a sudden, confused state of mind. It is common in older, hospitalized adults. It may signal that there is a medical issue that needs to be treated.

People with delirium:

- ✓ Have trouble paying attention
- ✓ Sometimes act confused and other times seem okay
- ✓ Become restless and upset
- ✓ Have trouble staying awake
- ✓ Sometimes see and hear imaginary things

Facts about delirium:

- ✓ 1 out of 2 older adults in hospital will have delirium.
- ✓ Delirium comes on fast and can last for days or weeks. It is a temporary condition.
- ✓ Delirium can be treated when the cause is found.
- ✓ The causes may include: a change in environment, medical illness, certain medications, dehydration, or constipation.
- ✓ People often need more help after the delirium is over.
- ✓ Delirium is not the same as dementia, which is a long-term decline in memory and function.

Let the doctors and nurses know if you notice a sudden change in your loved one's thinking and behaviour.

Together, we can all help

Tell



your nurse if your loved one is not himself or herself.

Remind



your loved one of the date and place.

Bring



glasses, hearing aids, and shoes with support.

Display



calendars, family photos, and well-known items.

Talk



about family, friends, and well-known topics.

Reduce



noise and provide comfort to promote sleep.

Help



your loved one sit up and walk, to keep active.

Offer



fluids and food often, after discussing with the healthcare team.

> Ask your nurse for more information and other ways you can help.

