











You can help detect delirium

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

People with delirium:	Facts about delirium:
<ul style="list-style-type: none"> ✓ 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 	<ul style="list-style-type: none"> ✓ 1 out of 2 older adults in hospital will have delirium. ✓ Delirium comes on fast and can last for days or weeks. ✓ Delirium can be treated when the cause is found. ✓ The cause is often new medications, infection, 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.
<p>Let the doctors and nurses know if you notice a sudden change in your loved one's thinking and behaviour.</p>	

Together, we can all help

Tell	Remind	Bring	Display
 your nurse if your loved one is not himself or herself.	 your loved one of the date and place.	 glasses, hearing aids, and shoes with support.	 calendars, family photos, and well-known items.
Talk	Reduce	Help	Offer
 about family, friends, and well-known topics.	 noise and provide comfort to promote sleep.	 your loved one sit up and walk, to keep active.	 fluids and food often.

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