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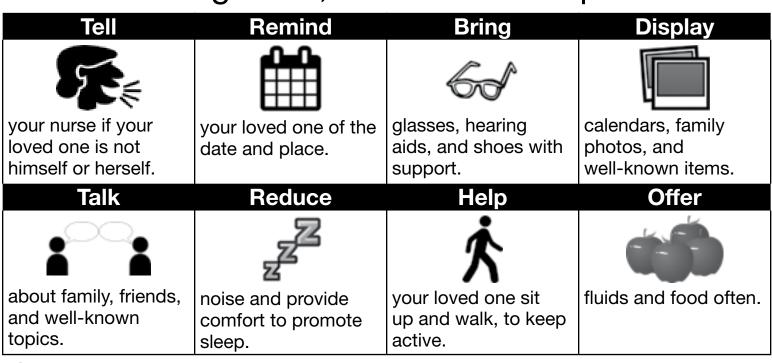


## You can help detect delirium

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: ✓ Have trouble paying attention √ 1 out of 2 older adults in hospital will have delirium. Delirium comes on fast and can last for days or ✓ Sometimes act confused and weeks. other times seem okay ✓ Delirium can be treated when the cause is found. ✓ Become restless and upset The cause is often new medications, infection, ✓ Have trouble staying awake dehydration, or constipation. ✓ Sometimes see and hear ✓ People often need more help after the delirium is imaginary things 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



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