



Delirium is a sudden change that causes confusion and uncharacteristic behavior.

**DELIRIUM REQUIRES PROMPT
MEDICAL ATTENTION!**



**Talk to your care team
about the senior-friendly
approach to preventing
or reversing delirium.**

Things to watch for in the older adult:

- ✓ They suddenly begin saying or doing things that seem strange, or uncharacteristic for them, or don't make sense
- ✓ They are easily distracted and find it hard to pay attention
- ✓ They don't know where they are or what time it is
- ✓ They begin seeing or hearing things that do not exist (hallucinations)

**Your
care is why
we're all
here!**

**Please talk to us.
We want to help!**

sfCareTM
Senior Friendly Care



rgptoronto.ca

6 PROVEN* STRATEGIES TO PREVENT DELIRIUM IN OLDER ADULTS

EATING

Ensure nutritious food is available throughout the day, and promote eating with others if possible.



06

01

STIMULATING THE MIND

Promote daily socializing, reading, listening to music, completing mind challenge games (such as crossword puzzles), and activities or conversations that help remind older adults what day/month/year it is.



02

MOVING

Promote physical activity - at least 3 times a day.



03

SLEEPING WELL

Use techniques to promote relaxation and sufficient sleep.



04

SEEING AND HEARING

Ensure hearing aids and glasses are available at all times, if needed.



05

STAYING HYDRATED

Ensure plenty of fluids are taken throughout the day to avoid dehydration.



DELIRIUM IS PREVENTABLE!

For all older adults, use these proven strategies to help prevent delirium*.

**If delirium develops, support the older adult by continuing to use these strategies.*



REGIONAL GERIATRIC
PROGRAM OF TORONTO

