



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

DELIRIUM IS A MEDICAL EMERGENCY!

If you suspect that an older adult might be experiencing delirium, **LET A DOCTOR OR NURSE KNOW RIGHT AWAY**, and have someone who the older adult knows stay with them.

Know

The following signs and symptoms of delirium:

- Saying or doing things that seem strange, or uncharacteristic for them, or don't make sense
- Easily distracted and find it hard to pay attention
- Don't know where they are or what time it is
- Seeing or hearing things that do not exist (hallucinations)
- Rapid and unpredictable mood changes
- Forgetting things that recently happened

Tell

- A doctor or nurse if you notice sudden changes in an older adult's thinking, memory, or personality

Do

- Use calm words and plain language that is supportive and reassuring
- Encourage the older adult to get a good night's sleep
- Encourage the older adult to wear their glasses or hearing aids
- Encourage the older adult to stay hydrated and eat well
- Encourage the older adult to stay active

Ask

- Follow-up questions to validate confusing statements. For example, if the older adult asks for someone who is deceased, don't tell them the person is deceased. Instead, ask them why they are asking for the deceased person.

Your care is why we're all here!

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