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**You can help: All about Delirium**

**What is delirium?**

Delirium is a sudden, confused state of mind. It happens more in people who are older, have multiple medical problems, take a lot of medications, have dementia, or have vision or hearing problems. It often occurs when a person is hospitalized, especially if they just had surgery. It is not the same as dementia. There is **always a cause for delirium**, which is often a medical issue that needs to be treated. Causes include certain medications, a change in environment, dehydration, surgery, or constipation.

**What might you see?**

* Trouble paying attention
* Sometimes act confused, and other times seem okay
* Become restless and upset
* Have trouble staying awake, sleeping more
* See or hear things that are not there

**How can you help?**

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| **REMIND** | **BRING** | **DISPLAY** | **TALK** |
| Your loved one of where they are and the date. | Glasses, hearing aids, dentures, and supportive shoes. | Calendars, clocks, family photos, and familiar items. | About family, friends, and familiar topics. |
| **HELP** | **OFFER** | **REDUCE** | **TELL** |
| Your loved one to sit up and walk, and keep active. | Fluids and food and help your loved one eat and drink. | Noise and provide comfort to promote sleep. | Your nurse if your loved one is not their normal self. |

- Tell the Health Care team if you notice sudden change in your loved one’s thinking or behaviour.

- If you want more information on other ways you can help, ask your Health Care team for more information. You can also visit: <https://ccsmh.ca/projects/delirium/>