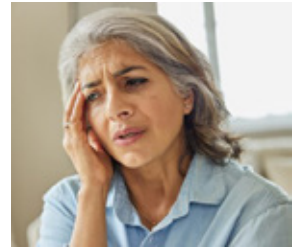


Delirium

- If someone you know is confused or more confused than usual, they may be experiencing delirium or another illness, like dementia.
- Unlike dementia, delirium can happen quickly over hours or days.
- Delirium can change a person's behaviour and thinking.
- Delirium can last days, weeks, or months. In some cases it may never go away.
- **Delirium is a medical emergency.**



Your loved one may have these symptoms:

- › Be less able to focus or pay attention
- › Be more confused
- › Move less (like staying in bed all day)
- › Be restless or agitated (upset)
- › Be awake at night and sleeping during the day
- › Talk in a way that does not make sense
- › Hallucinate (hear or see things that are not real)
- › A change in behaviour

If you see a change in your loved one's memory or thinking, tell their primary health care provider (family doctor or nurse practitioner) or a member of their health care team as soon as possible.

What can I do to support someone with delirium?

- › Be patient.
- › Give them their glasses or hearing aids.
- › Bring something personal from home (like a photo or a blanket).
- › Remind them they are in the hospital, and the day and date.
- › Make sure they are eating and drinking regularly.
- › Encourage them to get out of bed for their meals, if they are able.
- › Encourage them to walk, if they are able.
- › If they are sleeping during the day, wake them up to help keep regular sleeping patterns.

For more information on delirium, visit:

- › www.nshealth.ca/frailty/delirium

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.