

Reduce
your
risk

Prevent Delirium

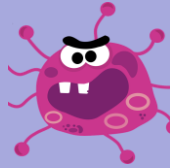
Make sure pain is managed well, speak to your Dr, nurse or pharmacist if you have a painful condition.

Pain



Watch out for infection! Urine, chest, and skin infections can all cause delirium.

Infection



Eat healthy foods regularly, small amounts frequently if you have a small appetite..

Nutrition



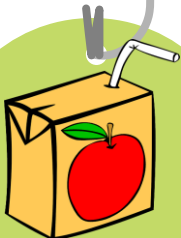
Make sure you go to the toilet regularly. Add dried fruit, whole grains, legumes and fruit juices to your diet.

Constipation



#WDAD2023

Aged >65? Dementia? Frail?
Poor sight or hearing? Have had delirium before? Have more than one chronic condition?



Hydrate

Make sure to drink plenty of fluids, this will help prevent infection, constipation and is really good for your kidneys!



Exercise

Keep moving! Take a short walk, try some gentle yoga, if you are frightened of falling contact your local falls service



Sleep

To get a good nights sleep try to get outside in the daylight and fresh air. Employ a bedtime routine that works for you.



Medication

Have your medicines regularly reviewed by your Dr, nurse or pharmacist. Don't take anything over the counter without advice