

# STRATEGIES TO PREVENT DELIRIUM

## EATING

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



## 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.



## 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.*

## MOVING

Promote physical activity - at least 3 times a day.



## SEEING AND HEARING

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



## SLEEPING WELL

Use techniques to promote relaxation and sufficient sleep.

