## **6 PROVEN STRATEGIES TO PREVENT DELIRIUM IN OLDER ADULTS**

### **EATING**

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



# STIMULATING THE 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.



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### 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.



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