

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.



06

01 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.



02

MOVING

Promote physical activity - at least 3 times a day.



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.*

STAYING HYDRATED

Ensure plenty of fluids are taken throughout the day to avoid dehydration.



05

SEEING AND HEARING

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



04

SLEEPING WELL

Use techniques to promote relaxation and sufficient sleep.



03