



## Activity 6.4: Strategies to Manage and Prevent Delirium<sup>21</sup>

The following chart highlights strategies that caregivers can apply to prevent delirium in older adults.

Strategies to Manage and Prevent Delirium	
<b>Stimulate the Mind</b>	Promote daily socializing, reading, listening to music, brain games (crossword, puzzles, etc.), and friendly conversations about daily news and events.
<b>Get Moving</b>	Encourage the person to stay as active as their abilities allow (try for at least three times each day).
<b>Promote Healthy Sleep</b>	Use a bedtime routine or other technique that promotes a good night sleep (e.g. turn off electronics an hour before bed, put on soothing music, read a book, enjoy a sleep-tea, have a warm bath, make sure the room is cool, dark and comfortable).
<b>Confirm Seeing and Hearing</b>	Ensure a person has their hearing aids and glasses on (if needed) and that they are working properly.
<b>Stay Hydrated</b>	Provide fluids throughout the day to prevent dehydration.
<b>Eat</b>	Make food available throughout the day, and enjoy meal times together (if possible).
<b>Take Medications as Prescribed</b>	Keep an up-to-date medication list and tracking system. Use a chart or dosette box to organize medications. Blisterpacks can be obtained from your pharmacy with pills already organized. (See Medication Management for more information).
<b>Ensure Regular Bowel Movements</b>	One of the most common causes of delirium is constipation. Ensure the person is drinking fluids throughout the day, walking (at least three times a day), and having daily prunes or prune juice with breakfast. Try to establish a routine time for a bowel movement each day (often this can be after breakfast). A routine gentle laxative such as stool softener or one that helps the bowels to move may be helpful. Speak to a health care professional for if there is any difficulty having regular bowel movements.

<sup>21</sup> Adapted from RGP of Toronto. (2018). SF7 Toolkit. Retrieved from: <https://www.rgptoronto.ca/resources/>