

Reduce  
your  
risk

# Prevent Delirium

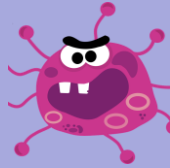
Make sure pain is managed well, speak to your Dr, nurse or pharmacist if you have a painful condition.

## 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



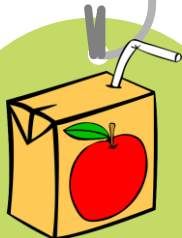
Make sure you go to the toilet regularly. Add dried fruit, whole grains, legumes and fruit juices to your diet.

## 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