

# HOPE HEALTHCARE and HOSPICE

Caregiver tips to manage

## DELIRIUM



Delirium is a sudden change in mental status caused by many factors such as acute illness, surgery, and medications. Delirium can start to happen in just a few hours. It can come and go, and symptoms can change quickly.

### Common signs of Delirium include:

- Confusion
- Frequent mood swings.
- Memory loss, including forgetting recent events or family members' names.
- Sudden changes in personality or emotional state.
- Decreased concentration or attention.
- Hallucinations (seeing or hearing things that are not there).
- Periods of alertness that come and go throughout the day.
- Slower movements or unusually restless movements.
- Insomnia and change in usual sleep patterns.
- Changes in speech, such as saying things that do not make sense.

### How to help manage Delirium:

Delirium can happen as their disease advances. However, your hospice nurse can discuss ways to manage the symptoms and make your loved one more comfortable.

- Stay with the older person as much as possible.
- Keep the patient safe.
- Offer simple choices.
- Maintain a routine.
- Help the older person remember where they are.
- Make the person's surroundings feel familiar.
- Do not argue with the patient if they are confused.
- Encourage physical activity, games, and conversation.
- Notify your hospice nurse of any medications changes.

Questions or concerns about Delirium?

Call our hospice nurse at (337) 703-4674 or visit our website at [www.hope-hospice.com](http://www.hope-hospice.com).

