

## What is Delirium?

Delirium is a sudden and temporary state of confusion. It can develop quickly and takes time to clear. Delirium is not dementia.

Delirium is a common, serious and often preventable issue in hospitalized seniors. It requires immediate treatment and can slow patient recovery.

### Patient Delirium Can Cause:

- Agitation, Stress or Anxiety
- Depressed or withdrawn mood
- Difficulty focusing on what is happening
- Confusion about events, routines or people
- Incoherent or confused conversations
- Personality changes
- Visual or auditory hallucinations
- Feelings of impending harm
- Difficulty sleeping at appropriate times
- Fluctuations in symptoms

## Contact Information

Laura Burns - Elder Life Specialist  
Hospital Elder Life Program  
519-843-2010 ext. 40716  
lburns@whca.ca

## Join Our HELP Team

Volunteers are the essential part of the HELP program!  
To join our team, reach out to  
**lburns@whca.ca.**

All volunteers receive specialized training and provide important care to our patients.

Reference: Hospital Elder Life Program (HELP), LLC ©1999

HOW PATIENTS AND FAMILIES CAN  
BENEFIT FROM THE

## Hospital Elder Life Program (HELP)

**GROVES**  
GROVES MEMORIAL COMMUNITY HOSPITAL



## What is the HELP Program?

The Hospital Elder Life Program (HELP) is an innovative approach that uses trained volunteers to improve care for elderly patients in a hospital setting.

## Goals of HELP

- Prevent and maintain cognitive and physical functioning of patients during their hospitalization.
- Assist in patients being discharged from hospital as independently as possible
- Prevent unplanned readmissions

## HELP Team

- Specially trained volunteer team
- Elder Life Specialist, responsible for assessment and facilitating program

## HELP Interventions

### ***Daily Visitor Program***

Volunteers provide visit 1-3 times per day to provide: orientation, stimulation, communication, social support & assistance with sensory needs.

### ***Early Mobilization***

Volunteers encourage patients to engage in seated/bed exercises or walking within the limitations of their physical condition and as directed by the healthcare team.

### ***Therapeutic Engagement***

Volunteers engage patients in activities to keep them mentally stimulated, including: reading, games, puzzles, music.

### ***Meal Support***

Volunteers assist at meal times by helping to open containers and encouraging hydration and nutritional intake.

## Eligible Patients at GMCH are:

- At least 65 years old
- Have at least one risk factor for delirium or functional decline, including:
  - Cognitive Impairment
  - Changes in Mobility
  - Vision or Hearing Impairments
  - Dehydration or Malnourishment
- Be able to participate in the program
- Not on Droplet, Enhanced or Airborne Precautions



**“Thank you for the visit, you really brightened my day”**

**- GMCH Patient**