

# 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.



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## 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.



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## 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.



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## SEEING AND HEARING

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



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## SLEEPING WELL

Use techniques to promote relaxation and sufficient sleep.



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