June/July
Activity Kit
version 1
6 PROVEN* STRATEGIES TO PREVENT DELIRIUM IN OLDER ADULTS

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.

02 MOVING
Promote physical activity - at least 3 times a day.

03 SLEEPING WELL
Use techniques to promote relaxation and sufficient sleep.

04 SEEING AND HEARING
Ensure hearing aids and glasses are available at all times, if needed.

05 STAYING HYDRATED
Ensure plenty of fluids are taken throughout the day to avoid dehydration.

06 EATING
Ensure nutritious food is available throughout the day, and promote eating with others if possible.

*If delirium develops, support the older adult by continuing to use these strategies.

DELIRIUM IS PREVENTABLE!
For all older adults, use these proven strategies to help prevent delirium*

*www.hospitalelderlifeprogram.org
www.rgptoronto.ca

Supported by: Ontario
Toronto Central Local Health Integration Network
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SUMMER
WORD SEARCH

BEACH
BASEBALL
ICE CREAM
SWIMMING
PICNIC
VACATION
SUNFLOWER
WATERMELON
SANDCASTLE
HEAT
BOATING
POOL
Across
2. Pink fruit with a green rind
4. Red flower given to someone you care for
5. Laid by eggs and reptiles
8. Has eight legs and spins a web
10. Plant them to grow plants

Down
1. You mow it
3. To get bigger over time
6. Shelter used when camping
7. Backyard ________
9. Has feathers and flies
CANADA DAY

WORD SEARCH

BALLOONS
BANNER
BARBECUE
CELEBRATION
CONFETTI

DEMOCRACY
FIRST
FLAG
FREEDOM
HERITAGE

LIBERTY
NATION
PATRIOT
RED
TRADITION
FATHER’S DAY
CONNECT THE DOTS
Instructions: Match the picture in the Word Puzzle with the same picture in the Alphabet Key. On the Word Puzzle, write the letter that appears below the matching picture in the Alphabet Key to solve the Word Decoder Puzzle.

Alphabet Key

A B C D E F G H I J K L M

N O P Q R S T U V W X Y Z

Word Decoder Puzzle

Apple Tie Sun Sun Heart

Apple Flower Ghost Ghost Sun Spinner Heart Clover Ghost Sun
Instructions: Unscramble the letters to find the summer words from the list below.

barbecue
butterfly
caterpillar
ladybugs

popsicle
sandcastle
sunglasses
sunlight

sunshine
swimming
umbrella
watermelon
Across
4. To cook outdoors on a grill
7. Beverage made of lemon
9. The month at the beginning of summer
10. Independence Day
11. What can you do at the beach?
12. Opposite of cold

Down
1. A big fruit you can eat in the summer
2. What can you make at the beach with sand?
3. Protective eyewear
5. Time off from school
6. Sleeping in a tent
8. The month at the end of summer
CANADA DAY
CONNECT THE DOTS