Making Your Visit Count: How to Help Your Loved One in Hospital

Did You Know?

- Family members, caregivers and friends are often the first people to witness an episode of confusion from their loved one.
- Family members often know the patient best and can easily detect changes from their “normal” or “typical” behaviours.
- Family members play a crucial role in minimizing anxiety and providing a sense of comfort in unfamiliar settings.

Delirium Prevention Strategies for Family Members/Friends: What Can You Do?

- Be present - Stay with the patient as much as possible while maintaining your own personal well-being.
- Bring in objects and activities from home that are familiar to the patient and that they enjoy (i.e. blankets, non-slip shoes, photo albums, card games, word games).
- Ensure the patient has their adaptive aids with them in hospital (i.e. glasses, hearing aids, dentures, cane).
- Take the patient for walks (check with nurse first) and encourage movement as much as possible.
- Talk to the patient about what they are experiencing. This can help reduce feelings of anger, fear, frustration and anxiety.
- Gently re-orient the patient. Remind them who they are, where they are and the day, month or year as needed.
- Report signs of sudden confusion in your loved one to the healthcare team immediately.

With the help from your visits, we can work together to prevent delirium and assist your loved ones on their journey to health and wellness.

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