

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

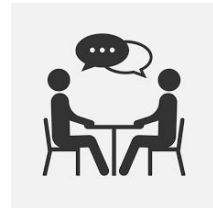
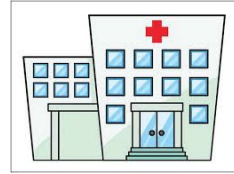


Did You Know?

- ❖ 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 permissible within the current restrictions in the hospital, while maintaining your own personal well-being
- ❖ Bring in a small object that can be easily disinfected such as a photo in a frame from home that is familiar to the patient and that they enjoy
- ❖ Ensure the patient has their adaptive aids with them in hospital (ie. glasses, hearing aids, dentures, cane) and that items are labeled with their name
- ❖ Encourage patient to sit up in chair for meals and /or move extremities while in bed (Check with nurse first)
- ❖ 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.