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.

*www.hospitalelderlifeprogram.org
www.rgptoronto.ca

REGIONAL GERIATRIC PROGRAM OF TORONTO

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