

Delirium Prevention



Medication Management

- Bring a full list of all your medicines. Include vitamins and anything you buy without a prescription.
- Stay away from medicines that make you sleepy or confused, like muscle relaxers or sleep aids.
- If you need strong pain medicine (like Norco or Percocet), use the smallest dose that still helps.

Staying Oriented

- Each day, review the date, time, and why you are in the hospital.
- Use your hearing aids, glasses, and dentures so you can take part in conversations.
- Family can help remind you where you are and what's happening, either in person or by phone.
- Keep blinds open during the day and lights on so your body knows it's daytime.

Moving Your Body

- Physical, speech, or occupational therapy can help you get stronger.
- Try to do daily tasks on your own when it's safe.
- Moving around helps your body recover.
- Sit in a chair for meals if you can. Do simple exercises in bed or in a chair.
- Your care team will try to remove tubes or lines if they are not needed.
- Walk every day if you are able.

Keeping Your Mind Active

- Do simple, fun activities you enjoy—like reading, puzzles, or coloring.
- Having family or loved ones visit can help you feel calm and supported.
- If family can't be here, ask if volunteers can visit during the week.
- Try to keep your normal routine. Bring familiar things from home, like photos or a favorite blanket.

Sleeping Better

- Ask your care team if night-time checks or medicines can be given at times that won't wake you up.
- At night, consider using earplugs, an eye mask, and keep the lights dim.
- Try to keep things quiet during rest times.
- If it's safe for you, herbal teas like chamomile may help you relax.
- Staying active out of bed during day can help you sleep better at night.

What Matters Most

- Share your goals for your care.
- Let the team know your code status.
- Tell your care team who they should call if medical decisions need to be made.
- Share your advanced care directive with your care team if you have one.



Saint Alphonsus

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