

My mind seemed
to have gone...
I was in a
different world



I still think
about it and get
frightened



I don't want
them thinking
I've gone potty



Delirium

(Also known as Acute Confusion)



Information for Residents



What is DELIRIUM?

Delirium is a sign that someone is physically unwell

- People may feel suddenly 'confused' at times and then seem their normal selves at other times.
- People who are delirious may not know where they are or believe they are somewhere else, e.g. on holiday.
- Sometimes people see things that other people can't see, or believe things that aren't true.
- **IT DOES NOT MEAN THAT YOU ARE GOING MAD OR THAT YOU WILL BE SO CONFUSED FOREVER**



What causes delirium?

Infection - Constipation- Dehydration
Pain after a fall or surgery - Medication



Who can get delirious?

Anyone can!
- especially older people and children.



How do you treat delirium?

- Help yourself by drinking plenty of water or juice to prevent dehydration and constipation.
- You may need treatment from a Doctor for an infection, pain or other illness.



How long does it last?

Delirium is **NOT** permanent in most people.

- Once the cause is found and treated most people will be better in a few days.
- In some older people it may still be noticeable for several weeks after treatment.



Who can I talk to?

Some people who have been very confused with delirium may feel very frightened or embarrassed afterwards. It may help to talk to a member of staff or one of your visitors to help you make sense of why you feel like this.