



What if...

I need to help someone who's experiencing delirium?

You can help someone with delirium feel calmer and more in control if you:

- **Stay calm yourself**
- **Talk to them in short, simple sentences**
- **Tell them where they are and why they are there**
- **Check that they have understood you. Repeat things if necessary**
- **Try not to disregard any unusual or incorrect ideas as what is happening will feel real to the person, but tactfully explain that they are unwell and this could be causing them to see or think unusual things**
- **Provide them with reassurance and try to distract them with an activity like a crossword, music or reading**

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- **Remind them of what is happening and how they are doing**
- **Remind them of the time and date and make sure they can see a clock or a calendar**
- **Where possible try to make sure that someone they know well, is with them. This is often more helpful in the evening, when confusion can get worse. If they are in hospital, bring in some familiar objects from home to make the place feel familiar and safe**
- **Help the person get moving, sit up or get out of bed as soon as they can**
- **Make sure they have their glasses and hearing aid**
- **Help them to eat and drink**
- **Check with them that they are going to the toilet regularly**
- **Have a light on at night so that they can see where they are if they wake up**
- **Keep the environment as calm and quiet as possible to avoid distractions**
- **Keep pain under control**

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