



Have you heard your patient say the following?

Try these non-pharmaceutical techniques to PREVENT delirium.

### WHERE AM I?

**Regular orientation** can reduce feelings of confusion.  
**Early mobilisation** can help people to recognise where they are.

### WHAT IS GOING ON?

Promote **cognitive engagement** to reduce memory loss.

### WHO ARE YOU?

**My Name Is**, tell them who you are, why they are in hospital and what is going on.

### THINK DELIRIUM

Encourage MOVEMENT, Encourage THINKING.

