

Delirium risk factors

A person is more at risk of developing delirium if:

D	Dehydration	They are not drinking enough
E	Eyes and ears	They are not wearing their glasses/hearing aid
L	Limited mobility	Their mobility has decreased
I	Infection	They have an infection
R	Reduce pain	They are in pain
I	Impaired cognition	They have a dementia diagnosis or they are more confused than normal
U	Up at night	They are sleeping in the day and awake at night
M	Medication	Their medications have changed



Are they more confused than normal?



Sudden changes in behaviour can indicate delirium.

People who are more at risk:

- People over 65
- People with a dementia diagnosis
- People with infections
- People with a broken hip