

# ARE THEY DIFFERENT TODAY?

## Behaviour

- Provide reassurance
- Be calm and patient
- Make instructions simple
- Do not challenge their abnormal beliefs
- Are they over stimulated?
- Do they have specific triggers for challenging behaviour e.g. sounds, certain people
- Do they have the choice to make their own decisions e.g. food, clothes, bathing
- Avoid making residents do something they don't want to do
- Does the person have any unmet needs? e.g. thirsty, in pain

## Physical Review

- Have they had a change in medication or started medication?
  - Hot swollen skin?
  - A cough?
  - Dark smelly urine?
- Check temperature
- Check blood pressure
- Are they constipated?
- Are they bathing regular?
- Are they mobilisation regular?

## Environmental

- Lighting
- Noise
- Do they know where they are?
- Too hot or cold
- Is there clear signs? e.g. toilet
- Do they have space to move around?
- Do they have pictures to make it feel homely?
- Do they have access to the rooms they want to be in? e.g. bedroom, kitchen

## Mobility

- Have they had a recent fall?
- Are they at risk of falls?
- Follow falls care plan
- Activity and stimulation - is this being provided?
- Check foot care - do they fit?
- What footwear do they like to wear?
- Is their footwear too tight or too loose?

## Sensory

- Do they wear glasses?
  - Are they theirs?
  - Are they clean?
- Do they wear a hearing aid?
  - Is it switched on?
  - Is the battery flat?
  - Don't shout!
- Does the person like to be touched?
  - Hand massage - if appropriate



## Family & Social

- Work with the family
- Do they have contact with family? If not are they provided with social contact?
- Ask family to complete life story document - 'This is me'
- Work with family to promote personal care

## Food & Drink

- Encourage fluid intake
- Monitor fluid intake not fluid given
  - Encourage food intake
- What do they like and dislike?
  - Discuss with family
- Check dentures are worn - do they fit?
- Do they have problems swallowing?

## Continence

- Have a toilet programme in place
- Hygiene - provide assistance
- Mobilise - use regular prompts

## Pain

- Ask if they are in pain and if so provide appropriate pain relief
  - Look for facial gestures
  - Look for body language

With thanks to the following organisations

For more help and guidance go to the delirium resource box

