

What is Delirium?

Delirium is a sudden and temporary state of confusion. It can develop quickly and takes time to clear. Delirium is not dementia.

Delirium is a common, serious and often preventable issue in hospitalized seniors. It requires immediate treatment and can slow patient recovery.

Patient Delirium Can Cause:

- Agitation, Stress or Anxiety
- Depressed or withdrawn mood
- Difficulty focusing on what is happening
- Confusion about events, routines or people
- Incoherent or confused conversations
- Personality changes
- Visual or auditory hallucinations
- Feelings of impending harm
- Difficulty sleeping at appropriate times
- Fluctuations in symptoms

Contact Information

Join Our HELP Team

Volunteers are the essential part of the HELP program!

All volunteers receive specialized training and provide important care to our patients.

Palmerston and District Hospital

500 Whites Road
Palmerston, ON, N0G 2P0

Phone: 519-343-2030 x84212

Email: kmanjin@whca.ca

Louise Marshall Hospital

620 Dublin Street
Mount Forest, ON, N0G 2L3

Phone: 519-323-2210 x72413

Email: ehodzic@whca.ca

APPLICATION FORM

<https://forms.office.com/r/bYGpE3KK70>



Reference: Hospital Elder Life Program (HELP), LLC ©1999

HOW PATIENTS AND FAMILIES CAN
BENEFIT FROM THE

Hospital Elder Life Program (HELP)



What is the HELP Program?

The Hospital Elder Life Program (HELP) is an innovative approach that uses trained volunteers to improve care for elderly patients in a hospital setting.

Goals of HELP

- Prevent and maintain cognitive and physical functioning of patients during their hospitalization.
- Assist in patients being discharged from hospital as independently as possible
- Prevent unplanned readmissions

HELP Team

- Specially trained volunteer team
- Social Worker, responsible for assessment and facilitating program

HELP Interventions

Daily Visitor Program

Volunteers provide visit 1-3 times per day to provide: orientation, stimulation, communication, social support & assistance with sensory needs.

Early Mobilization

Volunteers encourage patients to engage in seated/bed exercises or walking within the limitations of their physical condition and as directed by the healthcare team.

Therapeutic Engagement

Volunteers engage patients in activities to keep them mentally stimulated, including: reading, games, puzzles, music.

Meal Support

Volunteers assist at meal times by helping to open containers and encouraging hydration and nutritional intake.

Eligible Patients at NWHC are:

- At least 65 years old
- Have at least one risk factor for delirium or functional decline, including:
 - Cognitive Impairment
 - Changes in Mobility
 - Vision or Hearing Impairments
 - Dehydration or Malnourishment
- Be able to participate in the program
- Not on Droplet, Enhanced or Airborne Precautions

