# 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- Depressed or withdrawn mood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**

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Phone: 519-343-2030 x84212

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#### **Louise Marshall Hospital**

620 Dublin Street Mount Forest, ON, NOG 2L3

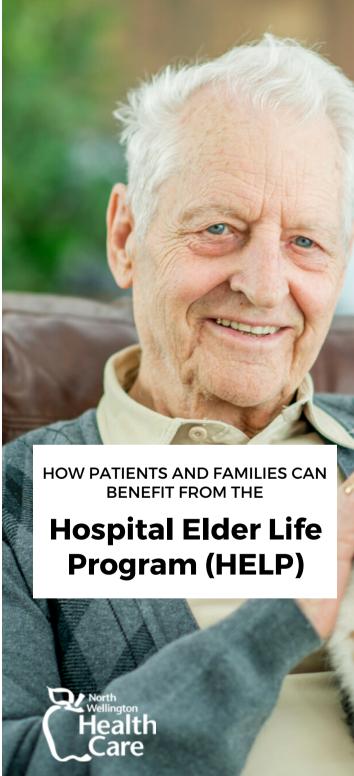
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APPLICATION FORM https://forms.office.com /r/bYGpE3KK70



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



# 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

