Stay hydrated



As we age, we are at greater risk of dehydration and delirium

Dehydration can cause delirium.

Delirium causes a short term confused state, and can develop over hours or days.

How to spot the signs of dehydration





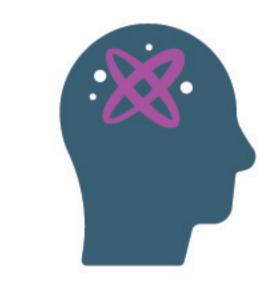


Cramps





Drymouth



Confusion





Delirium and Dehyration

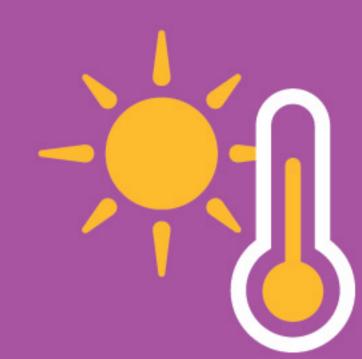




What is delirium?

Delirium can affect memory, concentration and personality. It is a sign of an underlying illness.

Delirium will usually improve, once the underlying illness is treated, but sometimes it can last for a while.



What can cause delirium?

There are many things that can trigger a person to develop delirium. For example, pain, constipation, side effects of medicines and infections.

Dehydration can be a key trigger for delirium.



How can I prevent delirium?

You should aim to have 6-8 drinks per day. A normal cup or glass size counts as one drink. It doesn't have to be water - tea, coffee, juice, smoothies and milkshakes can all help keep us hydrated.

Eating high water content fruits and vegetables can also boost water intake. These include: apples, oranges, watermelon, tomatoes, cucumber, spinach, strawberries and celery.

Where can I find more information about delirium?

www.dementia-united.org.uk/resources

(Scroll to Delirium Leaflets section). The leaflets have been translated into 16 languages.

www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration

www.dementia-united.org.uk/delirium/

