**Free delirium online training for family members and carers**

**Delivered alongside carers with lived experience**

**Thursday 16th May 4.30 – 6:30pm** during Dementia Action Week



Illustration by Glen Cutwerk [www.glencutwerk.com](http://www.glencutwerk.com)

Delirium causes a short term confused state and can develop over hours or days. It is a sign of an underlying illness. **Older people** and **people with dementia** are at **greater risk of developing delirium**.

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| **Open to all family members and carers****Location: Online (Microsoft Teams)****To book on please email** **gmhscp.dementiaunited@nhs.net****We will send all details of how to join via email.**  | **The training will cover:** * **What is delirium?**
* **How to prevent delirium**
* **Identifying the causes and signs**
* **Getting help when you need it**
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**For more information**

See our [delirium top tips for carers and family members guide](https://dementia-united.org.uk/news/2024/02/22/delirium-top-tips-for-carers-and-family-members/).

You can [find out more about our delirium programme here](https://dementia-united.org.uk/delirium/)

Any questions email gmhscp.dementiaunited@nhs.net