What is Delirium?

Delirium is a temporary state of confusion. It is not dementia. Delirium develops quickly (within hours or days) and can sometimes take weeks to clear.

Some people suffering from delirium do not return to their original state of health.

Delirium is a common, serious and often preventable problem in hospitalized older adults. Delirium can slow patient recovery and requires immediate treatment.

Patients with delirium may:

- Be agitated, stressed or anxious
- Look depressed and withdrawn
- Have difficulty focusing on what is happening around them
- Be confused about daily events, daily routines, and who people are
- Say things that do not make sense
- Experience changes in personality
- See or hear things that are not really there
- Think that people are trying to harm them
- Be up all night and struggle to sleep during the day
- Have symptoms come and go over the course of a day

Hospital Elder Life Program (HELP), LLC ©1999

Contact Information

Elder Life Specialist
Hospital Elder Life Program (HELP)
705-743-2121 x. 3321
elderlife@prhc.on.ca

Join the HELP Team:
Volunteers Needed

To apply, visit Volunteer Services at **https://www.prhc.on.ca/volunteers/** and complete an application package. Be sure to note on your application that you are interested in joining the HELP team.

Each volunteer will receive free, specialized training in seniors care as well as ongoing coaching and support by the program's Elder Life Specialist.

Accessible versions of this document are available upon request at elderlife@prhc.on.ca

Peterborough Regional Health Centre
1 Hospital Drive
Peterborough, ON K9J 7C6
705-743-2121

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Hospital Elder Life Program
HELP



HOW PATIENTS & THEIR FAMILIES CAN BENEFIT FROM THE

Hospital Elder Life Program (HELP)



PRHC
Peterborough Regional Health Centre

One team, here when you need us most.
www.prhc.on.ca

What is the HELP program?

The Hospital Elder Life Program (HELP) is an innovative delirium-prevention program designed to improve the hospital experience of older patients.

Goals of HELP

- To maintain the cognitive and physical functioning of patients throughout hospitalization
- To allow patients to be discharged from the hospital as independently as possible
- To prevent unplanned readmissions

Who is the HELP team?

- Dedicated, specially trained volunteer and student team
- An Elder Life Specialist, responsible for assessment and leading the program

Working together to preserve cognitive and physical function, and promote emotional well-being in older adult patients.

Services provided by HELP

Daily Visiting through increased orientation and social support

Early Mobilization by encouraging patients to keep moving

Hearing & Vision Support by offering access to glasses and/or hearing amplifiers

Therapeutic Engagement through meaningful activities that keep the brain active

Meal Support such as helping to open packages, tray set-up, socialization, and encouraging fluids when needed.
**This does not include direct feeding support with patients.*

Sleep Health by promoting more restful sleep routines and relaxation techniques.

A patient in the HELP program at PRHC

- Be 65 years or better
- At risk for delirium
- Have at least one (1) risk factor for cognitive or functional decline:
  - Cognitive impairment
  - Changes in mobility
  - Vision and/or hearing impairment
  - Dehydration/malnutrition risk
- Be able to participate in the program
- Not on droplet or airborne

PETERBOROUGH REGIONAL HEALTH CENTRE

Seniors' Care Centre of Excellence

At Peterborough Regional Health Centre we promote excellence in seniors' care by meeting the diverse needs of the older adult patients we serve.

Among other Seniors' Care initiatives over the past several years, we have opened a Geriatric Assessment Intervention Network (GAIN) Clinic, a Geriatric Assessment and Treatment Unit (GATU), and a Geriatric Assessment and Behavioural Unit (GABU) at PRHC. The Hospital Elder Life Program (HELP) is a new program that will support PRHC in improving the care and service we provide for older patients and their caregivers.