Delirium

What is Delirium?

People who get confused and mixed up might have delirium

They might

Act Strangely
Talk "rubbish"

Get up and down a lot - Restless
Call Out

Not sleep well - Sleep too much
See things not there

What makes me delirious?

These things can cause delirium:

- Poor physical health
- Not drinking enough water
- Infections
- Too much Alcohol or Gunju or other drugs
- Pain
- Brain Damage
- Not seeing or hearing well (sensory impairment)
OUTSIDE CHANGES
See Family Elders
Traditional Healer Clinic Mob
Mental Health/Aged Care Mob
Medication can help
Stopping gunja, alcohol or other drugs
Get hearing/eyes tested
Good Food/Drink
Good Sleep
Good Exercise

INSIDE CHANGES
Know about treatment and disease
Remember totems
Family Elders

What helps if you have delirium?

How do you get better?

- All family can help
- Keep things same old way
- Keep safe
- Eat good food
- Don’t get drunk

This information sheet is produced by AIMHI NT - 2007 in collaboration with NT Dementia Behaviour Management Advisory Service. We invite your feedback and comments.

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