

# Delirium

People who get confused and mixed up might have delirium

What is Delirium?



They might



Talk "rubbish"

Act Strangely

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)



**What helps if you have delirium?**

**INSIDE CHANGES**  
Know about treatment and disease  
Remember totems  
Family  
Elders

**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



**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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