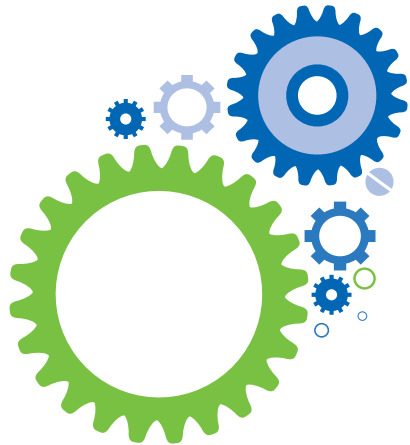


5. Maintain healthy vision

- If you require glasses, make sure you have them and you are wearing them even if you are spending more time awake in bed
- Make sure your glasses are clean

6. Maintain healthy sleep routines

- Try to stay awake during the day
- Stop drinking fluids two hours before going to bed
- Avoid caffeine in the evening
- Bring in your own pillow and/or blanket from home



Educational class

Complimentary virtual and in-person classes:

We invite patients and families to join our “How to Keep a Healthy Mind in Hospital” class. At this time, classes are solely offered in English.

Virtual classes take place every Thursday between 11:30 a.m. - 12:00 p.m.

In-person classes take place every third Thursday of the month between 11:30 a.m. – 12:00 p.m. in EG29A at our Bayview Campus..

How to attend the virtual class:

1. Install Zoom: If you haven’t already, download and install Zoom on your device from zoom.us/download
 2. Enter Zoom Details:
Zoom Meeting ID: 944 2778 9543
Passcode: 140212
- OR
3. your smartphone to instantly join the session



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Keeping a Healthy Mind



*A patient’s guide to
preventing delirium
in hospital*


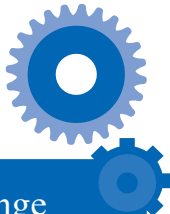


What is Delirium?

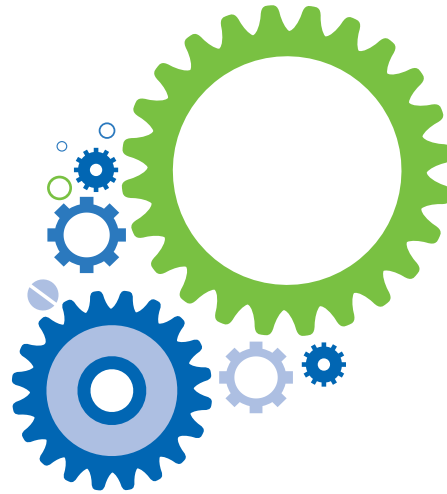
- A state of mental confusion that develops quickly
- The level of confusion may change throughout the day
- It is a serious and common condition for older persons in hospital
- It is usually temporary but may last for several weeks

Features of Delirium may include:

- Being restless and upset
- Forgetfulness and having trouble concentrating
- Seeing and hearing things that are not there
- Mixing up day and night
- Acting differently than normal
- Trying to climb out of bed unsafely
- Being drowsier than normal
- Speech that is not clear



If you notice a change in your thinking, memory or personality please notify a member of your health-care team.



Ways families and caregivers can help you keep a healthy mind in hospital

1. Maintain an active mind

- Keep track of the time of day, date and where you are located in Sunnybrook Hospital
- Participate in making decisions about your care
- Ask your family to post a calendar in your room, bring in a bedside clock or a few familiar objects from home (e.g., photos)
- Engage in activities such as: reading, playing games/ cards, word puzzles and looking at photo albums
- Talk about current events or your family history
- Ask family and friends to visit

2. Maintain an active body

- Move your arms and legs while in bed or chair as much as you can
- Check with your health-care team if you are safe to get up on your own. If you are allowed:
 - Walk around the unit three or more times a day
 - Involve yourself in your personal care such as: toileting, grooming and washing

3. Maintain a healthy diet

- Check with your health-care team if you have any special diet requirements or restrictions. If not:
 - Eat as much of your meals as you can
 - Drink fluids throughout the day
- Sit up in a chair for your meals if you can

4. Maintain healthy hearing

- If you require hearing aids, make sure you have them and you are wearing them
- If you need assistance with this please let a member of your health-care team know

