



Delirium is devastating and dangerous, especially when not promptly identified and the cause addressed.

Family members are often the first to have the opportunity to spot the signs and symptoms of delirium in a loved one. These may be dismissed as normal aging or a progressing dementia, resulting in a delay of assessment and treatment.

The American Delirium Society has created a [one-page educational flyer](#) for the general public to increase their understanding and recognition of delirium. We are asking healthcare systems to make this information available to the public in any setting where the public can see it, such as in clinics, primary care and specialty care offices, hospitals, emergency departments, skilled nursing facilities, home care settings, waiting areas, etc.

You can also contact us for a supply of flyers which we will mail to you at no cost. Please email [info@americandeliriumsociety.org](mailto:info@americandeliriumsociety.org) to request printed flyers.

Please act on this request for the sake of your patients and their families. It can save lives and save brains.

Sincerely,

American Delirium Society Advisory Council

**American Delirium Society**


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# It's Delirium!



# Not Dementia

## What does delirium look like?

Confusion, Drowsiness, Restlessness and/or Agitation

A person with delirium may suddenly...

- Think or act very differently than they usually do
- Say or do strange things that don't make sense
- Become much more or less active than usual
- Start sleeping a lot or very little

## What does it mean to have delirium?

Delirium is dangerous. It means the person has a serious illness

A person with delirium needs immediate attention from a healthcare professional

## Is it delirium, dementia, or both?

Delirium and dementia can exist at the same time, but they are **not** the same medical condition

- Dementia comes on gradually and gets worse over time
- Delirium comes on quickly and usually gets better if the cause is found and treated
- A person with dementia is at risk of developing delirium when ill or injured
- When a person with dementia also has delirium, they act differently than they normally do

## What to do if delirium happens?

Family/friends are often the first to notice a change

**Seek medical help immediately and explain how this behavior is different from normal!**



Save a Brain;  
Save a Life!

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