

Telling the team what only you know

A short form for family, friends and carers

Staff may meet the person for the first time when they are already ill. You know what they are usually like. Fill this in and give it to staff, or use it when you speak to them on the phone.

Six useful things to tell the team

1. What were they like a week ago?

2. What has changed, and when did it start?

3. Which medicines do they take? Include anything started or stopped in the past two weeks.

4. Have they recently had a fever, cough, pain, fall or difficulty passing stools, been drinking less than usual, or had an operation?

5. Has anything like this happened before?

6. What is your name and phone number?



Telling the team what only you know (continued)

Keep this page with the completed form

Also tell the team

- Whether they use glasses, hearing aids or dentures, and where these are
- How much alcohol they usually drink, and whether they have recently cut down or stopped
- The name they answer to, what calms or upsets them, and how they usually communicate

Words to use

"They are not their normal self. This began on [day or time]. They are now [give two clear examples]. I think this could be delirium. Could they be assessed now?"

Get emergency help now

New sudden confusion is a medical emergency. At home or elsewhere outside a care setting, phone the local emergency number now. In a hospital or other care setting, tell staff immediately.

Read more: <https://deliriumsupport.com/get-help-now/>

