

# Free delirium online training for family members and carers

Delivered alongside carers with lived experience

Thursday 16<sup>th</sup> May 4.30 – 6:30pm during Dementia Action Week



Illustration by Glen Cutwerk [www.glencutwerk.com](http://www.glencutwerk.com)

Delirium causes a short term confused state and can develop over hours or days. It is a sign of an underlying illness. **Older people and people with dementia** are at **greater risk of developing delirium**.

**Open to all family members and carers**

**Location: Online (Microsoft Teams)**

**To book on please email [gmhscp.dementiaunited@nhs.net](mailto:gmhscp.dementiaunited@nhs.net)**

**We will send all details of how to join via email.**

**The training will cover:**

- **What is delirium?**
- **How to prevent delirium**
- **Identifying the causes and signs**
- **Getting help when you need it**

## For more information

See our [delirium top tips for carers and family members guide](#).

You can [find out more about our delirium programme here](#)

Any questions email [gmhscp.dementiaunited@nhs.net](mailto:gmhscp.dementiaunited@nhs.net)