

# How to Prevent Cognitive Decline During Hospitalization?

Hospitalization, particularly for older adults, presents a significant risk for cognitive decline. Key risk factors include the severity of the disease, the duration of the hospital stay, and the patient's age. These factors can lead to impairments in crucial cognitive skills such as memory, attention, and problem-solving abilities.

- ❑ Approximately 30% of older adults experience delirium (extreme confusion) during hospitalization, and a startling 50% report persistent cognitive decline a year after discharge. Delirium can lead to significant safety issues and loss of independence.

## Key Prevention Strategies



### Maintain Orientation

Actively know your name, current location, the date, and the reason for your hospitalization. Consider writing these details down to reinforce recall.



### Stay Cognitively Engaged

Engage in conversations, read books or magazines, and complete puzzles or other mentally stimulating activities to keep your mind active.



### Wear Assistive Devices

Utilize your glasses and hearing aids to ensure you can see and hear clearly, helping you remain connected and engaged with your surroundings.



### Walk Around

If cleared by medical staff and with recommended supervision, walk around your room or the unit to maintain physical activity and environmental awareness.

Protecting cognitive health during a hospital stay is crucial for better long-term outcomes and overall well-being post-discharge.