



# Help with restlessness

## See and hear



Moving a lot in the bed or chair

Pulling at clothes and sheets

Constant calling out

Jumpy movements

## Do



Look for cause – pain?  
Can't wee?



Keep a calm place



Distract – do happy things



Speak in a calm, quiet voice



Consider changing their position



Remind them you are there



Give medicine as prescribed



## Talk, stay, connect...



### Special things

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Need help? Ring the clinic.

T: .....