

Restlessness



See



Moving a lot

Trying to get up

Plucking at clothes or sheets

Calling out

Not able to settle

Do



Refer to plan of care



Connect – reassure, touch



Remind them who you are



Speak in a calm, quiet voice



Help them relax – music, dim the lights



Consider changing their position



Support carers/family with spiritual/cultural/religious practices



Let carers/family know
Tell manager/supervisor

Other things: _____

Say



Report restlessness that is not getting better to your manager/supervisor.

Write



Write notes about what you see, what you do and what you talk about with the person, carers/family and your team.