



I have **Post-Intensive Care Syndrome (PICS)** due to my ICU stay, resulting in cognitive, psychological, and physical challenges.



To support me effectively, please consider the following guidelines:

Cognitive Impairment:

- Prefer written information: Allows for review.
- Use simple questions: Easier to understand.
- Be patient and provide reminders: Helps with focus.
- Allow my support person to assist in communication: Ensures clarity.
- Give me time to ask questions: Helps with processing.

Psychological Struggles:

- I may experience anxiety, depression, or PTSD due to medical trauma.
- Hospitals and procedures can be triggering for me.
- Please provide explanations before procedures.
- Communicate calmly and patiently with me.

Physical Challenges:

- I may experience fatigue, sleep issues, and balance problems.
- I may have ICU-acquired weakness or nerve disease.
- Please wear a mask to limit my exposure and safeguard my health.
- Feel free to ask about any physical changes and inquire about home support.



To learn more visit:
www.ICUDelirium.org

Printing Instructions:

1. Print on 8.5"x11" paper in landscape mode
2. Cut out along the gray dotted line
3. Fold down the center
4. Fold in half again to make wallet sized.