Thinking about how to support and encourage movement helps to:
- Reduce the risk of harm from falls, infection, thrombosis and delirium
- Reduce length of stay in hospital
- Reduce the likelihood of having an increase in their future care needs

This is often made worse by multiple medications, sensory impairment, dementia and current illness

PREVENTING DECONDITIONING AND ENABLING INDEPENDENCE FOR OLDER PEOPLE

Older people can be more at risk of:
- Reduced muscle strength
- Reduced mobility and falls
- Confusion due to changes in environment
- Demotivation

When an older person goes into a hospital or care home...
... and lies in bed, it can further affect their wellbeing and physical function

THIS IS KNOWN AS ‘DECONDITIONING SYNDROME’

Increased risk of falls due to muscle weakness
Increased confusion or disorientation
Further immobility due to inactivity

Constipation and incontinence
Lying in bed can affect appetite and digestion
Increased risk of swallowing problems leading to pneumonia

Sit up... Get dressed... Keep on moving...

Prolonged bed rest in older people can lead to substantial loss of muscle strength and physical activity

A Comprehensive Geriatric Assessment should be completed to determine normal capabilities
A risk assessment should be completed
Glasses, hearing aids, clock and calendar should be accessible

Are there appropriate mobility aids available. Is it the right size and reachable?
Walking to the toilet helps to prepare for going home. Is the catheter really needed?
Sitting out of bed helps (when possible). Can you get out of your chair?

Feed or take fluids independently
Wash and dress independently in own clothes
Keep moving arms and legs even in a bed or chair

Thinking about how to support and encourage movement helps to:
- Reduce the risk of harm from falls, infection, thrombosis and delirium
- Reduce length of stay in hospital
- Reduce the likelihood of having an increase in their future care needs

Sit up... Get dressed... Keep on moving...