

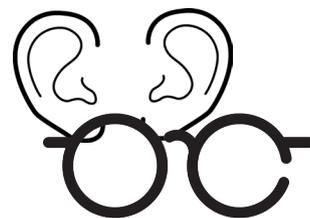
## We will look at what you were able to do before you came into hospital to make sure we understand how best to support and encourage you to keep moving



You should have a full assessment to help us understand how you would normally get about



We will make sure we look at any risks that may stop you from being able to get out of bed so we can support you



Do you have your glasses to see or a hearing aid to help you communicate? Do you know where they are?

## We can provide you with anything you need to help move around and get out of bed



Do you have the right equipment to help you move about? If not we should be able to provide you with the equipment you need



By walking to the toilet, it keeps you moving and prepares you for home



We can help you to get out of bed, and sit in the chair

## We will encourage you to 'Do It Yourself' where you can



Eat or drink on your own if you are able to



Wash and dress yourself if you are able to, and wear your own clothes



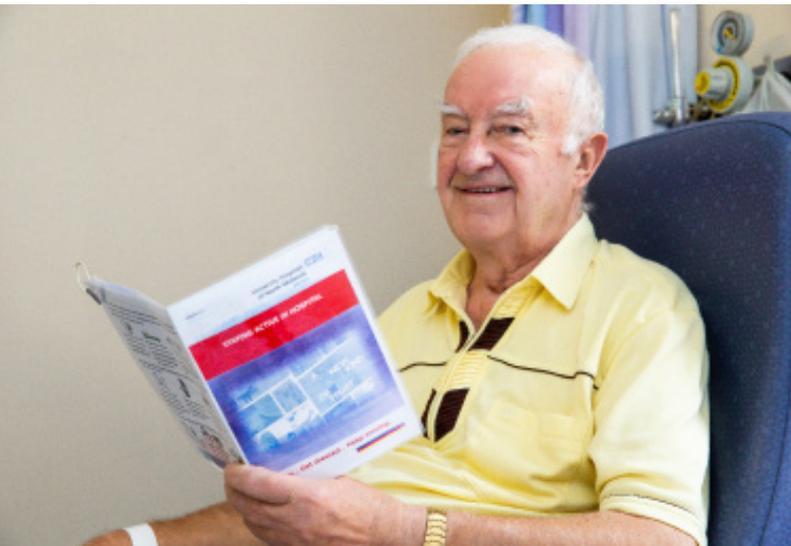
Keep changing your position even if you are in bed or a chair

Sit Up

Get Dressed

Keep Moving

# Staying active in hospital



Preventing deconditioning and enabling independence  
for older people in hospital

## Myths

Patients should stay in bed because they will get better if they rest  
It is not safe for patients to get out of bed  
Patients are not supposed to wash or dress themselves

## Facts

Staying in bed for too long, not getting up and about, and not trying to wash and dress your-self can mean you may struggle to get back to your normal.

Although there can be risks with moving around, staying in bed can be actually more detrimental to health and well-being. There are lots of things we are doing to keep you safe as possible while you move about in hospital such as sitting in a chair, walking, washing/dressing. This will help to resume your normalcy and prepare you for discharge.

## Facts

Research shows that bed rest is not a good way to recover from many illnesses or injuries and may generally make your recovery time longer.

Staying in bed and not moving can lead to other problems:

It can affect your breathing, in a way that when you restart walking it can make you out of breath sooner and can also predispose you to blood clots in the lung

Your skin could break down and become sore

Muscles may lose strength and you can get weaker and feel tired more easily

You may lose independence, for example the ability to wash and dress yourself

You might not be able to digest food properly causing stomach ache or constipation

You may get confused

You may lose self confidence

Remember, everyone makes progress at their own pace!

# Benefits of staying active in hospital

More able to cope at home

Less pain and confusion

Better appetite and breathing

Less risk of bed sores

More able to fight infections

Less weak and fatigued

Better sleep and mood

Less falls and dizziness

## How to stay active in hospital

Every little bit of activity can help to keep you healthy. If you are not sure what you are safe to do, please ask a member of your health care team. When it comes to activity and exercise, some is good, more is better.

Carry on what you were able to do at home, such as washing and dressing or walking to the bathroom.

Ask a family member or friend to bring you your shoes, slippers, day clothes, a walking stick or frame and glasses, or any items you might find useful.

If you are able to:

- Sit up for all meals, either on your chair or at the edge of your bed
- Sit up in a chair when you have visitors
- Walk around the ward, either alone or with help
- Do gentle exercises on your own throughout the day, even in bed or in a chair (we can show you how)
- Let the ward team know what you are normally able to do at home so that they make sure your care is aimed at returning you to your usual abilities or as near to this as possible.

**Your muscles, your strength, your abilities -  
use them or lose them!**