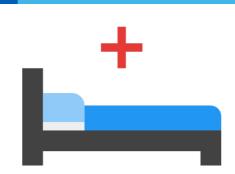
# Sit Up

## **Get Dressed**

## **Keep Moving**







"Deconditioning syndrome is the condition of physical, psychological and functional decline that occurs as a result of a series of complex physiological changes induced by prolonged bed rest or inactivity. It is commonly experienced by older people in a hospital or care home setting. Though deconditioning can affect people of any age, the effect on older people may be more rapid, more severe, and often irreversible" - Dr Amit Arora

Muscle and joint stiffness, leading to reduced ability to walk



Pneumonia due to prolonged bed rest



**Further** immobility due to inactivity

Increased risk of swallowing

to pneumonia

**Deconditioning** syndrome



due to muscle

weakness

Constipation and incontinence

Skin breakdown, leading to pressure ulcers



affected

problems leading

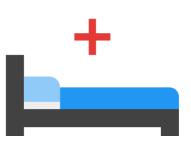
Clots in the legs and lungs

#### Preventing deconditioning and enabling independence for older people

### Assess



A comprehensive assessment should be completed to determine usual capabilities



A risk assessment should be completed



Glasses, hearing aid, clock and calendar should be accessible

## **Support**



Are there appropriate mobility aids available? Ask: Is it the right size and reachable?



Walking to the toilet helps to prepare for going home. Ask: Is the catheter

really needed?



Sitting in a chair can help you. Ask: Do you need help getting out of bed?

### **Encourage**



Feed and take fluids independently



Wash and dress independently in own clothes



Keep arms and legs moving, even in bed or on a chair

