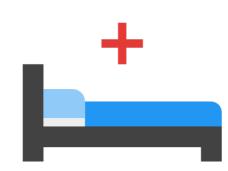
Sit Up

Get Dressed

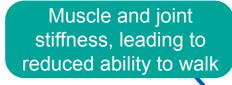
Keep Moving







"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



Increased confusion or

disorientation

Pneumonia due to prolonged bed rest



weakness

Further

immobility due

to inactivity

Deconditioning syndrome



Skin breakdown, leading to pressure ulcers



affected

Increased risk of swallowing problems leading to pneumonia

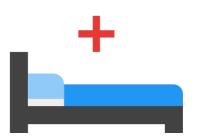
Clots in the legs and lungs

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