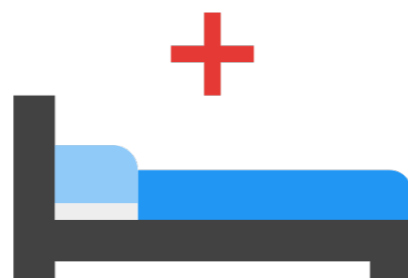


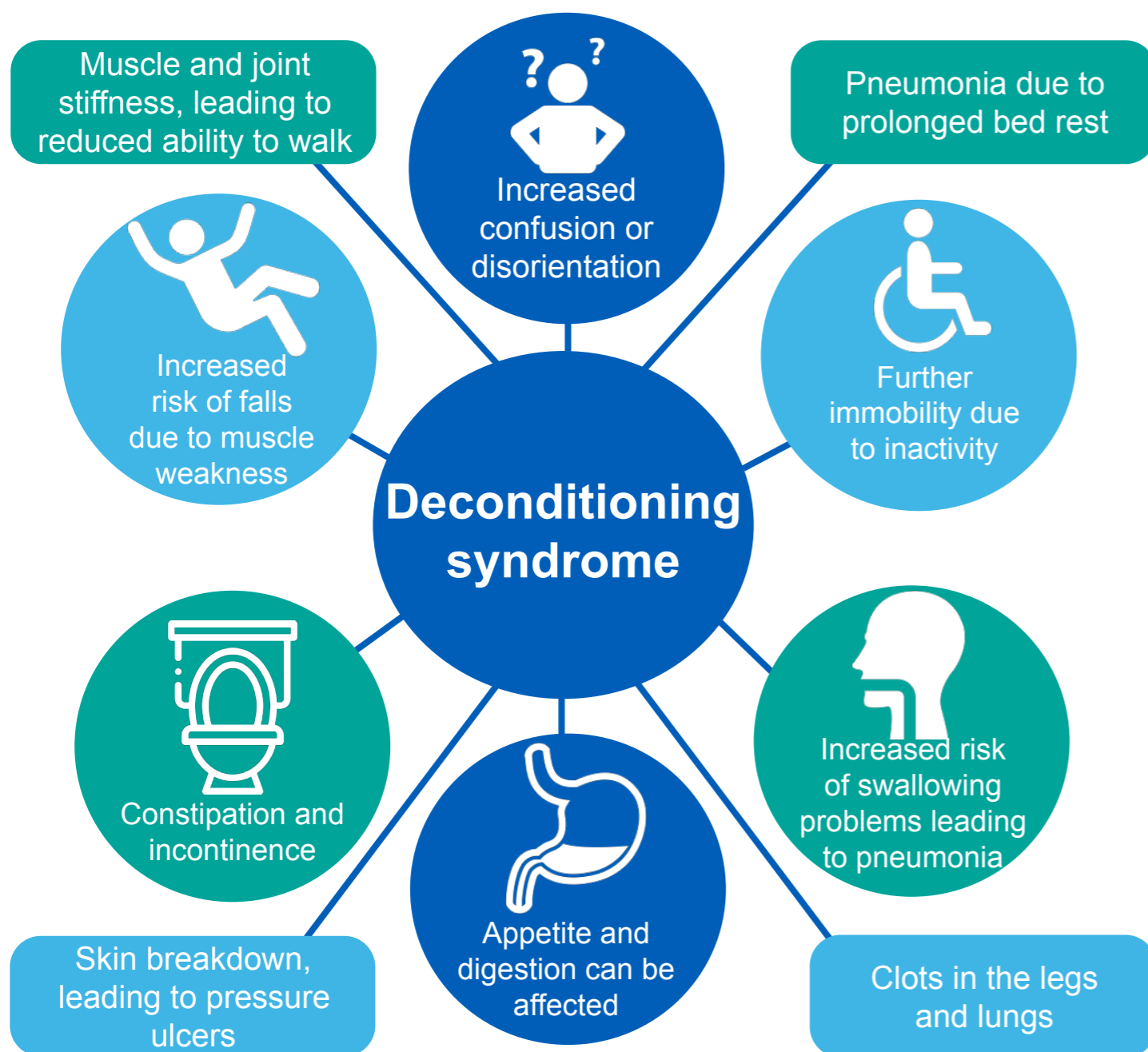
# Sit Up

# 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

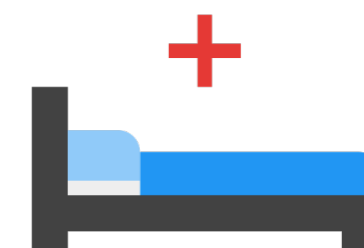


## Preventing deconditioning and enabling independence for older people

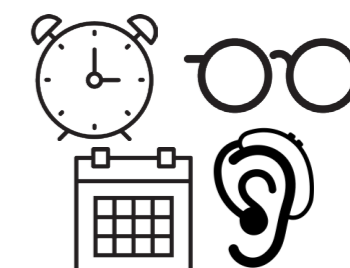
### Assess



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