



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



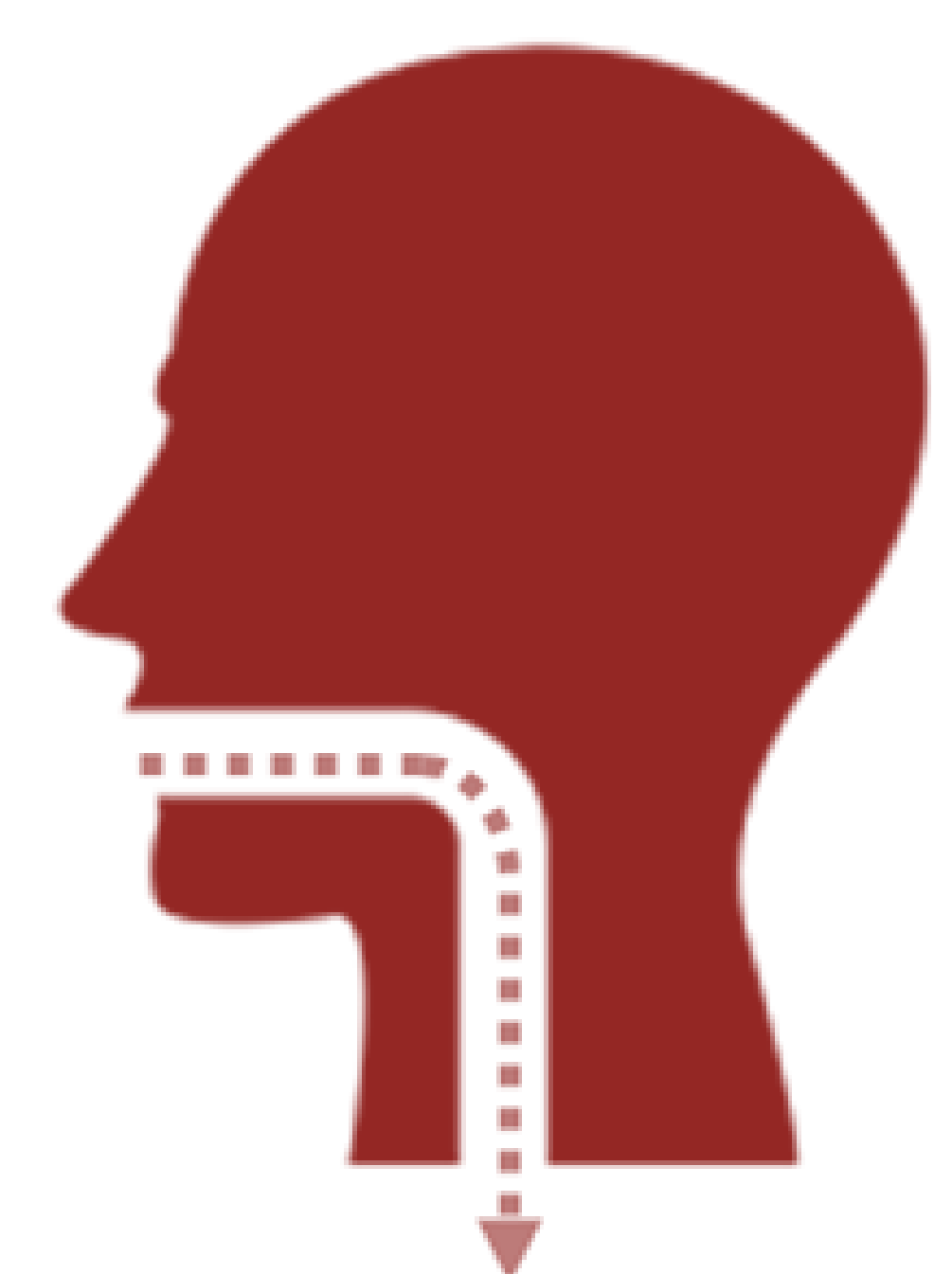
Further immobility due to inactivity



Constipation and incontinence



Lying in bed can affect appetite and digestion



Increased risk of swallowing problems leading to pneumonia

Endorsed by:



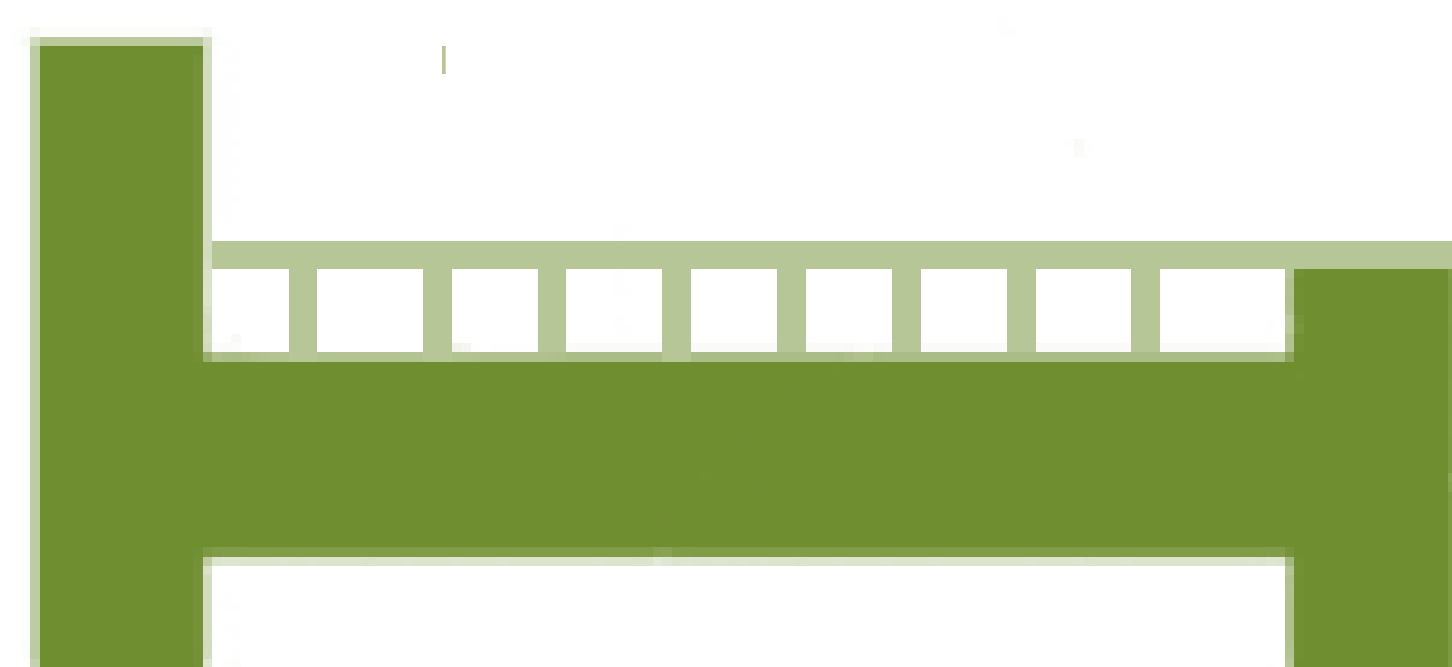
British Geriatrics Society
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Assess



Comprehensive Geriatric Assessment

A Comprehensive Assessment should be completed to determine normal capabilities

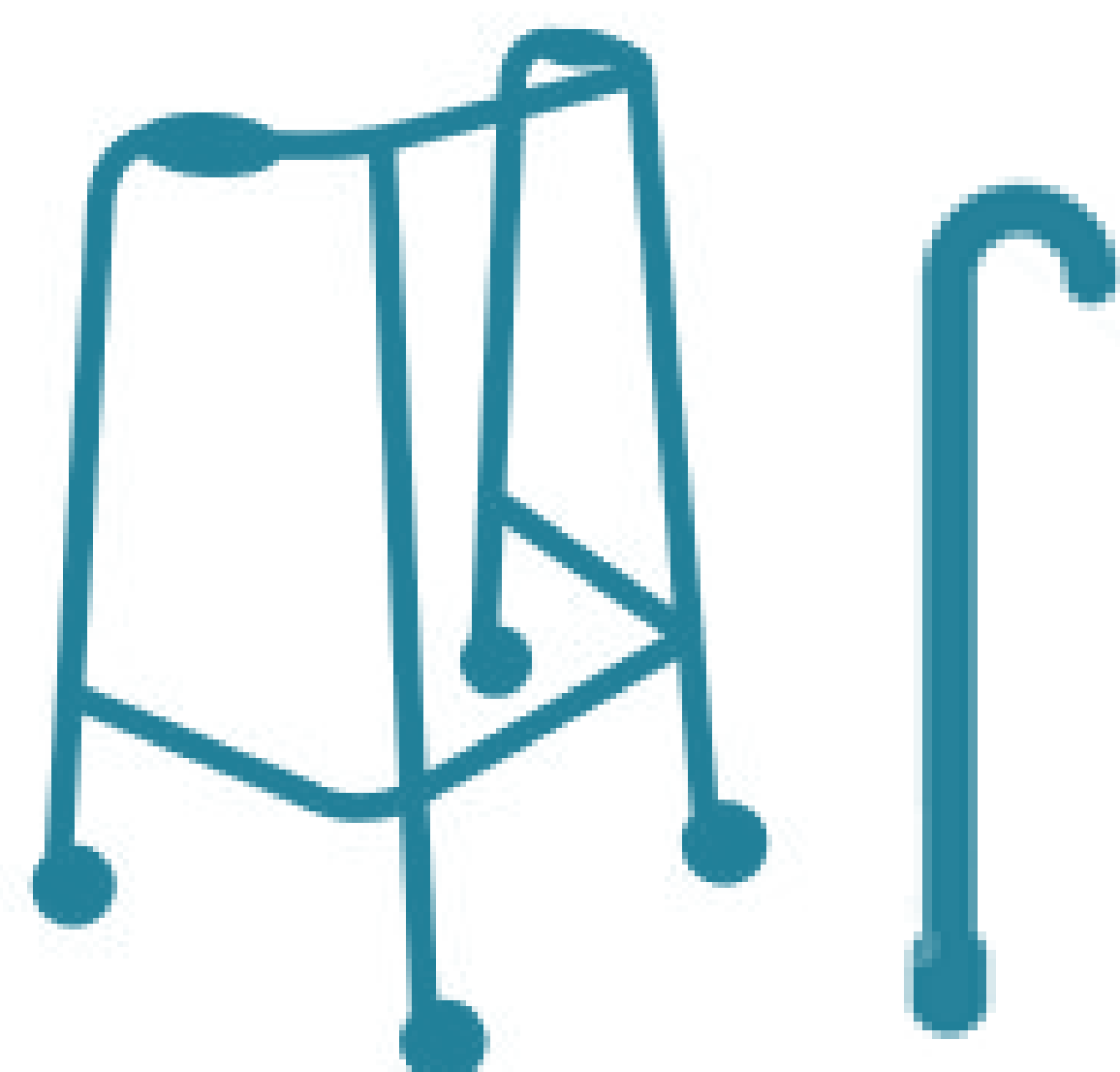


A risk assessment should be completed



Glasses, hearing aids, clock and calendar should be accessible

Support



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?

Encourage



Feed or take fluids independently



Wash and dress independently in own clothes



Keep moving arms and legs even in a bed or chair

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