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**

Improving healthcare for older people
Walking to the toilet helps to prepare for going home. Is the catheter really needed?

A Comprehensive Geriatric Assessment should be completed to determine normal capabilities.

A risk assessment should be completed.

Glasses, hearing aids, clock and calendar should be accessible.

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

Sitting out of bed helps (when possible). Can you get out of your chair?

Feed or take fluids independently.

Walking to the toilet helps to prepare for going home. Is the catheter really needed?

Wash and dress independently in own clothes.

Keep moving arms and legs even in a bed or chair.

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