PREVENTING DECONDITIONING AND ENABLING INDEPENDENCE FOR OLDER PEOPLE

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

Constitution and incontinence
Lying in bed can affect appetite and digestion
Increased risk of swallowing problems leading to pneumonia

This is often made worse by multiple medications, sensory impairment, dementia and current illness

A Comprehensive Geriatric Assessment
A risk assessment should be completed
Glasses, hearing aids, clock and calendar should be accessible

Thinking about how to support and encourage movement helps to:
- Reduce the risk of harm from falls, infection, thrombosis and delirium
- Reduce length of stay in hospital
- Reduce the likelihood of having an increase in their future care needs

Sit up… Get dressed… Keep on moving…

Prolonged bed rest in older people can lead to substantial loss of muscle strength and physical activity