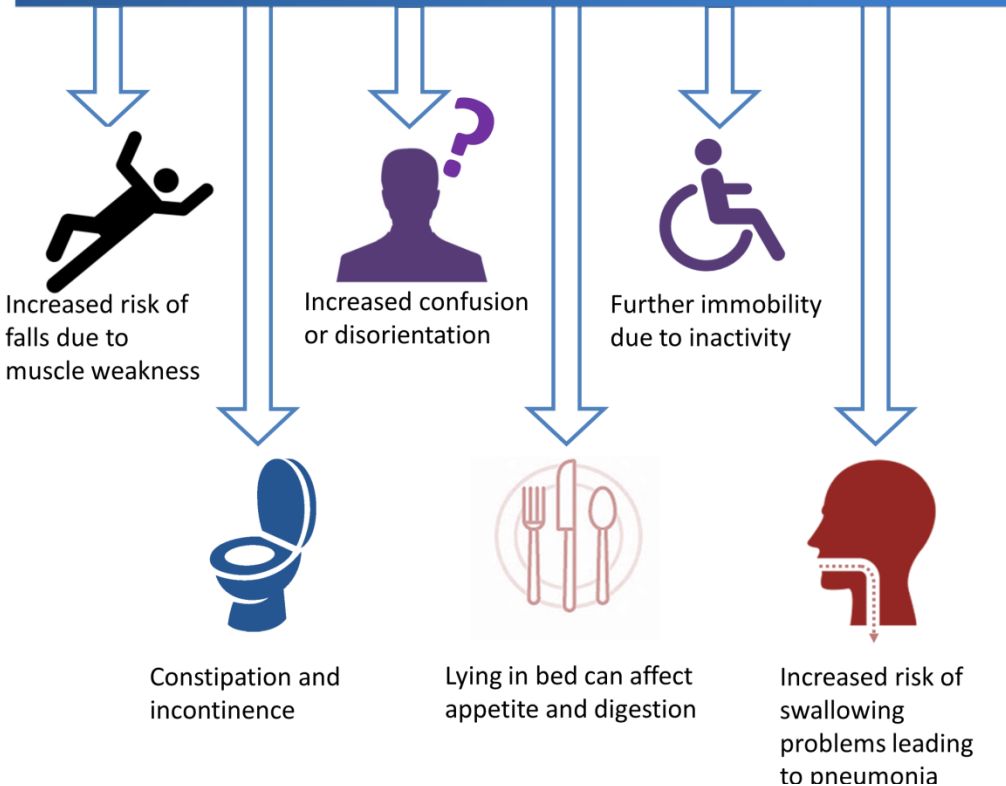
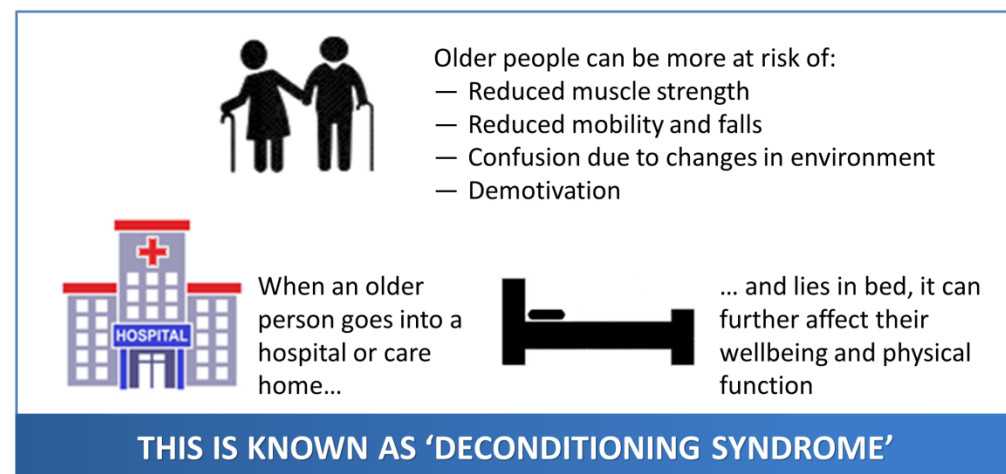


A Campaign For Deconditioning Awareness – “Sit up... Get dressed... Keep on moving...”

PREVENTING DECONDITIONING AND ENABLING INDEPENDENCE FOR OLDER PEOPLE

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



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

Assess



A Comprehensive Assessment should be completed to determine normal capabilities



Support



Encourage



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...

YOUR MUSCLES / YOUR STRENGTH / YOUR ABILITIES - USE THEM OR LOSE THEM