




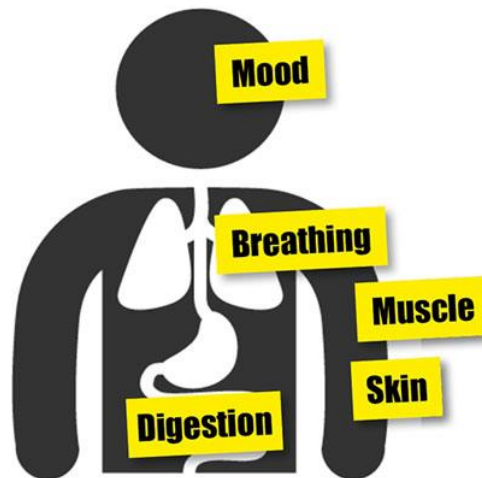
## Staying active in hospital

- MYTH**  'You should stay in bed because you will get better if you rest'
- MYTH**  'It is not safe for you to get out of bed'
- MYTH**  'You are not supposed to wash or dress yourself'

### FACT

Staying in bed for too long, not staying active and not trying to wash and dress yourself can mean that you struggle to get back to your normal level of activity when you go home

**Staying in bed and not moving can affect:**



Although there can be risks to moving about, your ward team will advise you what is safe to do

**Let's keep moving!**

# Staying active in hospital

## How can we help you?



We will ask you and your family/carers how you normally get about



We will ensure that you are safely supported to stay active



We will provide you with the right equipment to help you move about if you need it



We will help you to walk to the toilet, to keep you moving and prepare you for home



We will help you out of bed and into your chair.

## What can you do to help?



Eat and drink regularly throughout the day



Wash and dress yourself if you are able and wear your own clothes



Change your position regularly even if you are in bed or in your chair



Do what you can for yourself and ask for support when you need it.

## How can your family/friends/carers help?



They can help you with eating, drinking, washing, dressing and walking



They can bring in your glasses, hearing aids, walking stick, clothes, slippers and shoes to help you feel comfortable.

# Let's keep moving!

Together we can **#endpjparalysis**