



Let's Keep Moving!

Information
for Relatives,
Carers and
Friends

We would like to encourage our patients to get dressed and mobile as soon as they are able to promote their dignity and to help them recover quicker.

Are you a relative, carer or friend?

Here's how you can help:



Please bring in daywear, underwear, socks and comfortable shoes.



By providing glasses, hearing aids or any other items that your relative would usually have at home.



Bringing toiletries to assist in washing, toothbrushes and toothpaste.



You are welcome to assist your relative/friend with eating, dressing and walking (where appropriate). Staff are happy to support you in the correct way to do this.

Together we can help our patients to 'Let's Keep Moving'