

Empower Patients and Prevent Deconditioning

Bed rest causes rapid muscle loss in older people

What is 'deconditioning'?

Unnecessary immobilisation resulting in a loss of function, mobility and well-being.



Prevent this by encouraging movement and activity

Support older patients to:

- Stand regularly
- Mobilise to the toilet
- Wear their own clothes

Ensure they have access to:

- Slippers or non-slip socks
- Glasses and hearing aids
- Their call bell
- Their walking aid

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