

## How to stay active in hospital

Every little bit of activity can help to keep you healthy. If you are not sure what you are safe to do, please ask a member of staff.

Carry on doing what you were able to do at home, such as washing and dressing or walking to the bathroom.

Ask a family member or friend to bring in your shoes, slippers, day clothes and walking aids.

If you are able to:

- Sit out for all meals, either at your bedside or join others at the table
- Sit up in a chair when you have visitors
- Walk around the ward, either alone or with help
- Do gentle exercises on your own throughout the day, even in a bed or chair. A member of the team can show you how if you are not sure
- Let staff know what you are normally able to do so they can make sure your care is aimed at returning you to your usual abilities, or as near to this as possible.

If you don't use your muscles in hospital they may get weaker, which is why it is very important to stay as active as possible.

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

## Benefits of staying active in hospital

- Better breathing
- More able to fight infections
- Improved appetite
- Better sleep
- Better mood
- More able to cope when returning home
- Less risk of bed sores
- Less weakness and fatigue
- Less dizziness
- Less risk of falls
- Less pain
- Less confusion

## Get up, get dressed and keep moving

### Physiotherapy Inpatient services

Telephone – 0121 371 3428

### Falls Team

Telephone – 0121 371 4409

### Dignity in Care Team

Telephone – 0121 371 4704

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### DIGNITY IN CARE

Queen Elizabeth Hospital Birmingham  
Mindelsohn Way, Edgbaston  
Birmingham, B15 2GW

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Delivering the best in care

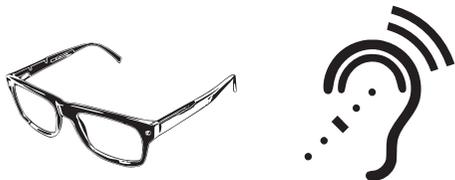
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To see all of our current patient information leaflets please visit [www.uhb.nhs.uk/patient-information-leaflets.htm](http://www.uhb.nhs.uk/patient-information-leaflets.htm)

Staying in bed too long, not getting up and about, 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. We would like to get to know you and what you were able to do before you came into hospital to make sure we understand how best to support and encourage to keep you moving.



We may ask you or your relatives/friends to complete an 'All About Me' to help us get to know you better.



Do you need your glasses or hearing aid to help you communicate?

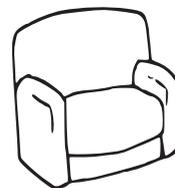
We can support you with anything you need to help you keep moving (in or out of bed)



Do you have the right equipment to help you move about? If not, we may be able to provide it.

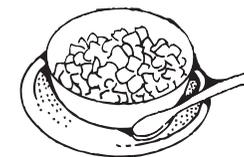


If you can walk to the toilet, it keeps you moving and prepares you for home.



Sitting out of bed will help you. We can help get you out of bed and into a comfortable chair.

We will encourage you to 'Do it yourself' whenever you are able



Eat and drink at your bedside or sit with others to enjoy a more sociable mealtime.



Wash and dress yourself if you are able. Ask family/friends to bring in your own clothes.



Keep changing your position even if you are in a bed or chair.