



For older people, walking less in hospital leads to a reduced ability to do everyday tasks.

Even a few days bed rest can cause a rapid decline in muscle strength and stamina; known as 'deconditioning' this may lead to an increased length of stay in hospital, and sometimes medical complications.

The *get up, get dressed, get moving* programme is designed to help us assess and support you to remain as active as possible during your hospital stay.

#endPJparalysis



## We value your feedback

Waitematā DHB welcomes feedback from patients and their families/whānau about their experience in our care and the services they have received. If you would like to tell us about your experience or would like further information, you can contact us by email or phone:

Email: [feedback@waitematadhb.govt.nz](mailto:feedback@waitematadhb.govt.nz)

Patient enquiries/all departments:

- Waitakere Hospital: (09) 839 0000
- North Shore Hospital: (09) 486 8900
- Freephone: 0800 80 93 42  
(Waitematā DHB residential areas only)



# Get up, get dressed, get moving!


#endpjparalysis #stayactive



## Get up, get dressed, get moving!

Most older adults living at home take at least 900 steps per day. However, research shows that while in hospital most patients only walk around 250 steps per day.

Being less active may mean you have to stay in hospital longer and possibly need time in a rehabilitation ward.



Remaining active is as important for your recovery as your medical treatment.

By keeping active you will be ready to leave hospital sooner, and return to your usual activities at home.

## What is involved?

An early assessment of how you walk. This may include a nursing or physiotherapist assessment. Staff can help you to develop an activity plan including things you would normally do at home and support and encourage you to:

**Get up** - less time on the bed. You will be supported to eat meals whilst sitting in a chair, either in your room or in the dining room.

**Get dressed** - you will be encouraged to get changed into comfortable day clothes.

**Get moving** - you will be encouraged to walk to the bathroom and regularly around the ward. Ring the bell if you need help.

Each ward has a water cooler and facilities to make a hot drink. You will be encouraged to make your own drinks which will also help to keep up your fluid intake. Assistance will be provided if required.



## How can my whānau help?

Please ask family/whānau to bring you named:

- loose fitting, comfortable clothes
- closed in footwear with a non-slip rubber sole
- any walking aids you use at home such as a walking stick or frame.

During visiting hours we encourage you and your family/whānau to make the most of the patient lounge, public areas and gardens, spending part of the visit away from the bedside. Please check with staff before leaving the ward.

Participating in the **get up, get dressed, get moving** programme is something families/whānau and friends can do to help you during your hospital stay.