

# Dressed is best!

*Help us to help you keep moving – it's as easy as 1, 2, 3!*

1



**Sitting in a chair** keeps your muscles strong and reduces the risk of muscle weakness

2



**Wearing your own clothes** will make you feel better

3



**Walking to the bathroom** or around the ward helps promote your independence and recovery

## Patient information

## **Dressed is best - supporting you to maintain your independence**

We're aiming to **#endpjparalysis** - it's as easy as 1, 2, 3! We want to get patients up, get dressed and get moving to speed-up your recovery and reduce the length of time you need to spend in hospital.

While patients of all ages can benefit from being more active, it's particularly important for older people. We know that patients who do change into their day clothes and take some gentle exercise as soon as they are able to, feel much better both mentally and physically. It can also prevent further health complications that come from being bed-bound for too long.

We also want you to be more involved with your treatment plan so you know what to expect and you can work with your clinical and therapy teams to progress your recovery every day you're in hospital and ultimately get back home as soon as possible. This enhances dignity and promotes a speedier recovery.

### **Family and friends of patients are also being asked to support by ensuring their relative or friend has a change of clothes**

There's sometimes an assumption that when you're in hospital you should be in your pyjamas or nightwear all the time but that's just not the case. We'd love to see more patients up and in their day clothes, and this is where family and friends can be a great help as they can keep their loved one stimulated and engaged by providing a fresh change of clothing each day wherever possible. Our wards can be very warm, so lightweight clothes are advised.

We will help you to get up, dressed and moving when you are on our ward, so you can get back to doing the things you love.

## Your three steps to help recovery:

1. Sitting out in your chair keeps your muscles strong and reduces the risk of muscle weakness
2. Getting dressed into your own clothes will make you feel better
3. Walking to the bathroom or around the ward helps promote your independence and recovery

## How we will help you



Help you to sit out of bed where possible



Encourage you to wear your own clothes



Encourage you to wear your glasses and hearing aids



Promote independent feeding, and encourage carers/ family to help



Ensure the appropriate mobility aids are near to you



Ensure you can see the time



Encourage independent washing, with support if necessary



Encourage you to walk to the toilet

## How you and your visitors can help



Bring your own comfortable, lightweight day clothes



Bring your own toiletries



Bring your glasses and hearing aids



Sit up, out of bed if possible



Work with us to discuss your discharge plans, from your admission date



Inform us of any issues at home as soon as possible



Remember, the discharge aim is always home

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