



## Get up, Get dressed and Get moving

While you are in hospital, being inactive can lead to physical decline, also called “deconditioning”, which can cause:

- Muscle loss
- Incontinence
- Falls
- Risk of infection
- Loss of independence
- A longer hospital stay

So, whilst in hospital we will encourage you to:

**Get out of bed  
and sit in your  
chair**

**Wear your own  
clothes**

**Walk to the  
toilet and keep  
active**

### How can friends and family help?

Your friends and family can help you to keep active by bringing in:

- Loose fitting day clothes
- Underwear and socks
- Slippers
- Outdoor shoes
- Pyjamas
- Toiletries
- Dentures / hearing aids
- Glasses

There are no laundry facilities on site, so please ask them to bring clean clothes when visiting and take away used and dirty clothing.

The named nurse or the nurse in charge can provide further advice to help your friends and family support you during your hospital stay.

### Further information

<https://www.england.nhs.uk/blog/amit-arora/>

<https://www.royalberkshire.nhs.uk/leaflets/getting-back-to-normal>

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

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