

#EndPJparalysis



Department of Health and Social Care

*Rbeynn Slaynt as Kiarail y Theay*

We want  
our patients to

**Get up**   
**Get dressed**   
**& Get moving** 

Research shows that this can  
improve health and shorten the  
length of time spent in hospital.

Older adults can quickly lose  
mobility and ability to do everyday  
tasks such as bathing and dressing.

If you're visiting a relative  
please help by bringing  
the following items

- Day clothes
- Well fitting shoes  
or slippers
- Glasses or mobility aids



For people over the age of

**80....**

Ten days in bed ages muscles by

**10 years**

One week of bed rest results in

**10%**

**muscle loss**

Get dressed to feel your best!

