

Rehabilitation

in care homes



**Tips for residents, families
and care staff to help
enable independence**

www.stchristophers.org.uk

StChristopher's
More than just a hospice

I am a carer or relative – how can I support my resident or relative?

Help them set achievable goals that they can work towards

Ask them the following questions:

- What is important to them?
- What matters to them?
- What they would like to achieve?

Encourage independence during their activities of daily living (ADLs)

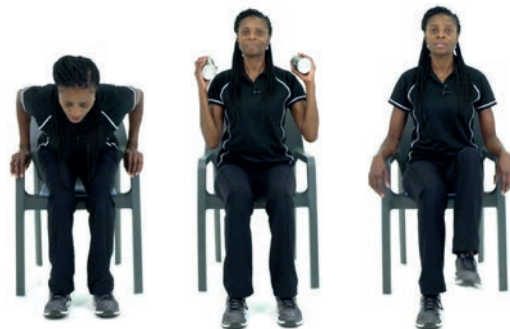
- Enable their participation, as much as possible, in washing, dressing and eating, and set up their environment to encourage these activities.

Encourage time out of bed

- If they are able, ensure they are assisted out of bed for some time daily.

Encourage physical activity according to their ability

- Examples include 'sit to stand' practice when transferring out of a chair, lifting a small weight and marching on the spot while sitting. If confined to bed, suggest leg raises and bottom lifting.



TOP TIP Christopher's has created four easy-to-follow online videos designed to help people through exercise, including lying exercises, seated exercises, standing exercises and relaxation techniques – visit www.stchristophers.org.uk/videos/exercises to find out more.

I am a resident – how can I support myself?

Keep your independence

- As far as you are able to, keep doing as much as you can for yourself rather than have others do everything for you.

Keep active

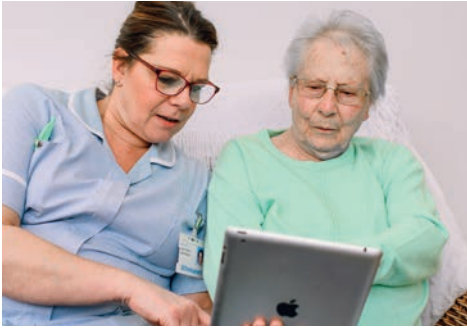
- Remember where you live can also be your gym. Ask your care staff to support you with your daily exercises.

What matters to you?

- Identify what is important to you and what would you like to achieve – write it down on the next page and share it with your care staff so they can help you work towards your targets.



LEFT TO RIGHT Sit to stand, lifting small weights, marching on the spot, leg raises and bottom lifting exercises



It is easier to maintain function than to regain function – use it or lose it!

The benefits of exercise

- Strengthens your muscles
- Improves how your joints move
- Improves quality of life
- Lifts your mood
- Reduces risk of falls
- Improves quality of your sleep.

The impacts of prolonged bed rest

Staying in bed can be necessary when you are feeling unwell. However, prolonged bed rest can be detrimental:

- Increased risk of pneumonia and deep vein thrombosis
- Increased risk of pressure sores
- Increased likelihood of constipation
- Increased risk of infection
- Loss of muscle strength (10-15% per week of disuse)
- Reduces joint mobility (stiffness).

What is important to me

What I would like to achieve in the short term

What I need to do

What I need help with

Who I can ask for help



If you would like this information in a different format, such as audio tape, braille or large print, or in another language, please speak to the Communications Team on **020 8768 4500** or email communications@stchristophers.org.uk.

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More than just a hospice

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