SUPPORTING REHABILITATION AND INDEPENDENCE

TIPS FOR YOU, YOUR FAMILY, CARERS AND HEALTHCARE STAFF TO HELP ENABLE INDEPENDENCE

ST CHRISTOPHER'S

I WANT TO IMPROVE OR MAINTAIN MY MOBILITY – 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 family/carer to support you with your daily exercises (if you don't know what type of exercise is suitable for you, or if you wish to have an assessment, please ask to be referred to the Rehabilitation Team).

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 family/carers so they can help you work towards your targets.

I AM A RELATIVE/CARER/HEALTHCARE STAFF – HOW CAN I SUPPORT MY RESIDENT OR RELATIVE?

Help them set achievable goals that they can work towards. Ask them the following questions:

TOP TIP Christopher's has created four easy-to-follow online videos designed to help people through exercise. Visit **www.stchristophers.org.uk/videos/exercises** to find out more.

- What is important to them?
- What matters to them?
- What would they 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.

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

IT'S 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

STAYING IN BED CAN BE NECESSARY WHEN YOU ARE FEELING UNWELL

However, prolonged bed rest can be detrimental:

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

CONSIDER DISCUSSING AND COMPLETING THESE WITH YOUR FAMILY AND CARERS FOR SUPPORT

What's 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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END OF LIFE CARE
THAT'S ALL ABOUT YOU

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