NHS
Royal Berkshire
NHS Foundation Trust

Getting back to normal

Finding rehabilitation in everyday tasks while you are in hospital

Information for patients, relatives, friends and carers

Keeping active while in hospital will help you recover and will increase your stamina, strength and balance. It can also help you regain your confidence after an illness or fall. This leaflet gives you some tips on how to take an active part in your rehabilitation and will help to reduce the risk of falls, blood clots, infections and / or pressure ulcers.

	**Wash in the bathroom** if you are able (if not, by the bed). If you would like a shower, ask a nurse to help you. To start with, you may need some assistance from staff. **Brush your teeth** at least twice a day.
	**Dress yourself** in comfortable day clothes (or ask for help if you need it). **Wear supportive shoes.** Ask your relatives, friends or carers to bring in your own clothes and footwear.
	Try to **eat something every mealtime**, even if you don't feel like it. **Drink plenty** throughout the day (unless you have restrictions). Eating a healthy diet and keeping hydrated can help your recovery.

	**Eat your meals in your chair** this will help with digestion, social interaction and is another opportunity to stand up.
	**Keep mobile** and walk as much as possible. This may be with staff and / or with a walking aid. Check with the nurses or therapist. **Please use the call bell provided.**
	**Walk to the toilet** if you are able. This will help improve your strength and balance. If you use the commode, place it further away so you have to take more steps. Then aim to walk all or part of the way to the bathroom.
	**During visiting time** your family and friends can help you with any exercises you have been given. Ask them to bring in your day clothes, toiletries, suitable footwear and something to occupy you while you are in hospital.
	**Get ready for bed** – get changed into your night clothes. **Walk to the bathroom** to use the toilet and brush your teeth. The more walking practice the better! This may be with staff and / or a walking aid.

	**If you are in pain, ask a nurse for pain relief**. Effective pain relief and sleep can help you get better and return home quicker. **If you have any questions about your medication, please ask.**
	**At night** if you need the toilet, the nurses will encourage you to get out of bed to use a commode or walk to the toilet. This will help you get used to managing once you get home. Please use the call bell to let them know.
	**24 hours of rehabilitation:** Rehabilitation is about everyone involved in your care, including your family and friends, helping you to become stronger, more confident and more independent. Not every patient needs help from physiotherapists or occupational therapists but if you do, it is only a small part of the rehabilitation you will receive. Nurses and health care assistants will work with you, using daily activities to help you get better, stronger and safer. Please ask any member of staff if you have any questions or concerns.

Based on a leaflet by Royal Cornwall Hospitals NHS Trust

To find out more about our Trust visit www.royalberkshire.nhs.uk

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

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