

# How can I stay active?

## It's (also) pretty simple

We want to work with you to make sure you're able to keep active while you are with us to help you keep PJ Paralysis at bay.

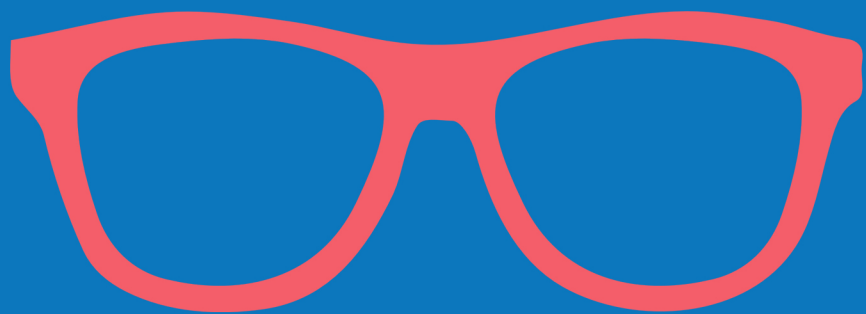
**These are some simple things that will help.**

### 1. Talk to us

**Tell us** if you wear **hearing aids**, **glasses** or **dentures** so we can all help keep them safe.

Tells us if you use a **walking frame** or **stick** to help you move.

We will complete an assessment to help us know how you normally get about and look at any risks that may stop you from moving on your own.



### 2. Keep yourself active

There are lots of little ways in which you can keep yourself active, all of which will aid in your **recovery**.

**You could** wash and dress yourself if you can, wearing your own clothes in the day.

**You can** make sure your shoes or slippers fit well, grip well and cannot fall off.

**You should** change your position regularly.

**You may** ask for help to walk to the toilet rather than ask to use the commode.

**You might** drink regularly and eat your meals out of bed.

### 3. Ask us for help and support

**We will** provide you with the right equipment to help you move about.

**We will** help keep your bedside safe and free from clutter.

**We will** keep your call bell within reach so you can call if you need help.

**We will** listen if you want to talk about your worries.

You're at your **best** when you're **up and dressed**

**#PJParalysis**