

24 HOUR REHAB

#EndPJParalysis

Rehabilitation is about everyone involved in your care, including your family, friends and carers helping you become more **independent** and confident.

Not every patient needs the input of a specialist therapist, but if you do, this is only a small part of the rehab you will receive.

Nurses and health care assistants will work with you daily, using activities to help you get **better, stronger** and more **independent**.

Staff are available to provide advice and answer any questions you may have.

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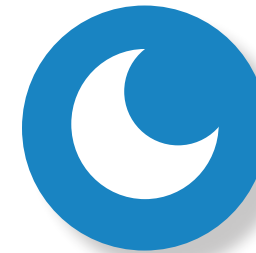
Review date: August 2019

Doncaster and Bassetlaw Teaching Hospitals

Inspired by Royal Cornwall Hospital NHS Foundation Trust's '24 Hours of Rehabilitation' leaflet

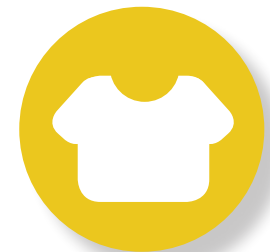
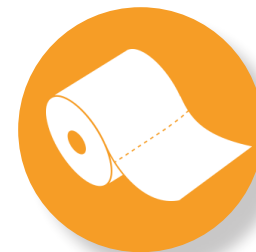


Doncaster and Bassetlaw
Teaching Hospitals
NHS Foundation Trust



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A guide for you and your relatives, carers and friends on finding **rehabilitation** in everyday tasks.

Doing as many of these tasks as you can will increase your stamina and strength, which will also improve your balance and build your confidence. Also remember to complete your '***This Is Me***' document.



Wash in the bathroom if able (if not, by the bed). If you would like a shower, let staff know. Remember to brush your teeth at least twice a day.



Pick out your own day clothes and dress yourself if you are able. Wear the shoes or slippers you would normally use at home. Please can relatives/friends bring day clothes in. Remember to fold your own night clothes.



Get out of bed and eat your meals - this is important for your digestion, breathing and bowels. Try to eat meals in the dining room or breakfast area, ask for help if you need it. Let staff know your likes and dislikes and remember to drink plenty.



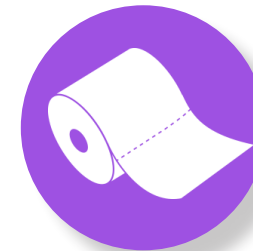
At lunchtime try and walk to the dining table, even if it's just part of the way, as this is good exercise. It is also an opportunity to chat to others, otherwise sit in your chair to eat lunch. This will help your digestion, breathing and bowels. Have a rest on the bed after lunch if you like.



Visiting time on the ward - your family and friends can help you with your exercises and ask them to bring in items to help keep you occupied while you are staying in hospital.



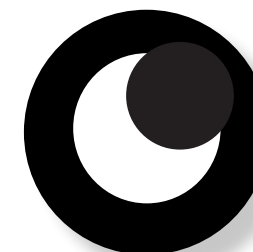
Getting ready for bed - choose your night clothes and get yourself ready for bed. Walk to the bathroom and brush your teeth at the sink if able. The more walking practice the better. Remember to fold your own day clothes to go in your locker.



Walk to the toilet - if you are able. This is good exercise and builds strength, stamina and balance. It also gives you the opportunity to practice your personal hygiene needs.



Effective pain control and sleep is vitally important to help you get better and return home. If you are in pain, or not able to sleep, please let a member of staff know as soon as possible, we can do something to help.



Night time - if you need the toilet, staff will encourage you to get out of bed to walk to the toilet, or use a commode. This will improve your confidence in being able to manage this yourself when you go home.