

# Get Up, Get Moving, Keep Moving!

Early and frequent movement is known to prevent serious complications of hospitalization that affect older people.

## What staff and family can encourage:

- Up in chair for meals and visitors
- Up to commode or bathroom
- Encourage exercises
- Walk around the unit with help or by self

*If you are not sure what you are safe to do, ask a member of your healthcare team.*



## EVERYONE CAN HELP WITH MOBILITY

Let's work together as a team to improve mobility rates for older adults

