

Stay On Your Feet®

Don't struggle alone. Please ask for help with walking, toileting, eating or activities when needed.

- M** **Move** regularly by walking or doing seated exercises
- O** **Orientate** yourself to the ward – know where the buzzer and bathroom are
- V** **Vision** is important so keep glasses within reach and ensure patient spaces are clutter-free
- E** **Eat** well every day and stay hydrated (unless you're fasting for a procedure)
- S** **Self care** by exercising your brain with sudoku, crosswords and puzzles



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